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SINGAPORE
DECEMBER 2015

Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

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(WITHOUT LOOKING
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REFLECTIVE

Two Adidas Stan Smith watches are displayed against a dark, textured background. The watch on the left has a black dial with large white Arabic numerals (12, 3, 6, 9), a date window at 6 o'clock showing the number '2', and a black leather strap with white stitching. The watch on the right has a white dial with black Arabic numerals, a black leather strap with white stitching, and a black bezel. Both watches feature the Adidas logo on the dial. The straps are shown in a way that highlights their reflective properties, with light reflecting off the white stitching and the white leather.

For all the talk of a "middle class" in the United States, there is no such thing as a middle class. The only class that exists is the working class, and it is the only class that is growing. The rest of the population is either in the upper class or the lower class. The middle class is a myth.



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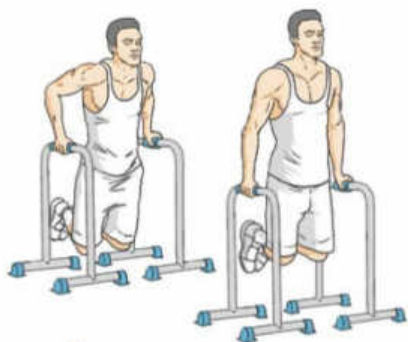
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WATCH YOUR STYLE

TRUST THE FORCE

It's never been a better time to be a *Star Wars* fan. After enduring the banal trilogy that was *Episode I to III*, there's great fanfare this month as *Episode VII – The Force Awakens* finally hits theatres, helmed by a director who probably won't screw up the legacy (lookin' at ya, Lucas).

But with any popular topic entering the cultural zeitgeist, there's bound to be plenty of glory hunters – folks who can't tell between their Dantooines and Tatooines (the latter is Luke Skywalker's home planet). How do us true believers distinguish ourselves as long-suffering fans?

Don't worry – this issue's got *Star Wars* wisdom in spades. You'll find sagely advice that could have come from Yoda himself on how to avoid the Dark Side on page 40.

In addition, the *Men's Health Ultimate Geek Guide* on page 62 has nuggets of wisdom on topics such as Stormtrooper etiquette, and tips and tricks on how to build your own lightsaber. You'll even find out how to tell if a particular *Star Wars* toy is worth \$100,000... or if they've flooded the market with 100,000 of those, which then makes it pretty much worthless.

Sci-fi fans will also love our *Guide to Gear* this year. It's chock-full of all the futuristic gadgets to have in the perfect man cave on page 54. And if it must be *Star Wars* memorabilia, we've curated the best on page 78's themed Power List.

And should your girl give you the eye about your *Star Wars* mania this month, tell her what I said to my wife (at your own risk, of course): "I find your lack of faith... disturbing."

Kelvin

EDITOR

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE



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ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



According to *Computers in Human Behavior*, 89 percent of us experience "phantom vibration syndrome." Don't get too excited about it, though.

PHOTOS (SKULL) ARMAN ZHENIKEYEV/CORBIS & (HANDPHONE) WAVEBREAK MEDIA LTD/CORBIS



WHY DO I FEEL MY PHONE BUZZ EVEN WHEN IT'S OFF?

— Chester



That moment of frantically frisking yourself for a non-existent phone call has a name. According to *Computers in Human Behavior*, 89 percent of us experience "phantom vibration syndrome." The sensation of your jeans rubbing together, for example, causes tiny vibrations that your nervous system has adapted to recognise as being produced by a phone, says neuroscientist



♀ MY DOCTOR SAYS HALF OF ALL MEN GET CANCER AT SOME POINT. HOW DO I INCREASE MY CHANCES OF DEFEATING IT? – Dan

Nothing beats a good bedside manner, eh? The good news is five-year survival rates are double what they were 40 years ago: 46 percent of men who contract the Big C now survive. If you are diagnosed, there are ways to improve your odds. Sleep and exercise isn't a radical prescription, but it will curb unstable molecules that increase cancer severity. Maintaining muscle mass with low-intensity exercise such as yoga also helps. Diet-wise, call in reinforcements via pickled foods such as sauerkraut. The *Journal of Agricultural and Food Chemistry* found fermented cabbage is rich in isothiocyanates, which inhibit tumour growth. The writing may be on the wall, but you don't have to read it.

♀ ALL I DO IS EAT BUT I NEVER FEEL FULL. WHAT'S UP? – Adam

We'll give you the benefit of the doubt and assume your diet is a healthy, 30/30/40 mix of protein, fats and carbs. If a gluttony for fats and sugar isn't the issue, you might suffer from acid reflux. Hunger pangs can result from a build-up of acids in the digestive tract, says nutritional consultant Alice Mackintosh, with vinegar, fruits and spices the worst culprits. Combine them with high-fibre foods such as pulses or broccoli to reduce acid by up to 20 percent. Drink more, too, but make it water. Dehydration can imitate your burger hankerings. This is one instance in which you're free to supersize.

LEGAL EASE

IF I GET INTO AN ACCIDENT IN AN UBER CAR, WHO PAYS? – Remy

The Motor Vehicles Act makes it compulsory for private vehicle owners to insure liability to passengers in their vehicle, and that includes Uber passengers, says Samuel Seow, managing director of Samuel Seow Law Corporation. In other words, the driver's insurance policy will have to cover his or her passenger. In fact, Uber is apparently looking to offer additional insurance coverage.

Do you have a question about the law that you want to find out?
Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

Sliman Bensmaia. If it's instilled in you that missed calls mean hell at work, this triggers a stress response. But it's nothing a bit of mental rewiring can't fix. Turn off your voicemail, so you don't feel you have to dive before it diverts, and train yourself to ignore any random bleeps and buzzes. Think of it as switching your concerns to silent.



IS IT BETTER TO HAVE A MASSAGE AFTER EXERCISE? – Simon

MAYBE.

endorphin production should last no longer than 30 minutes and focus on light stretching. "It'll increase flexibility and reduce your risk of injury," says physio Matt Todman. Post-workout, Canadian researchers found that 10 minutes of Swedish massage reduced exercise-induced inflammation, akin to ibuprofen. Ask your therapist to go deep, to aid lymphatic drainage, curb swelling and boost recovery. Thumbs up – and in.

It depends on what you want to get out of it. A pre-session rubdown that focuses on



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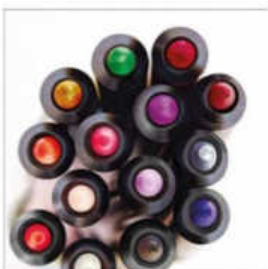
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Stand up and crush your craving for that bottle of chocolate milk.

TAKE A HIKE, TEMPTATION

Want to kill a craving? Run it over. **Moving your feet can help you resist the lure of sugary foods**, an Austrian study suggests. When stressed-out people hopped on a treadmill for 15 minutes, their desire for sweet, high-calorie snacks fell by 23 percent, while those who stayed put saw no change. Stress-busting exercise may reduce your subconscious need for that short-lived sugar boost, says study author Martin Kopp. A brisk walk around the office could also do the trick.

HEALTH

BULLETIN



ALL IN THE HEAD

Focusing on the negatives you want to beat – body fat, puny arms – saps mental energy. Scientists from the University of New Hampshire in the US advocate recalling your best sporting memories – like the hat-trick you scored in last weekend's Sunday kick-about – to up your adrenalin.

TAKE A BITE OUT OF STRESS

Do you feel anxious often? According to the journal *Psychiatric Research*, much of our hand wringing and nail chewing is brought on by imbalances in the gut. That a relationship between mind and body exists – the so-called gut-brain axis – has been known for some time, but this study found that such disproportions can be levelled out with fermented foods like sauerkraut, cheese, yogurt, kombucha tea and even beer.

40

The number of seconds one must glance at a grassy lawn to boost concentration and reduce mental errors.

SOURCE: UNIVERSITY OF MELBOURNE

CHEERS FOR THE MEMORIES

University of Reading scientists in the UK have discovered that **a little alcohol can boost your recall and brain function**. While most of us have experienced the inverse equation between a booze surfeit and brain smarts, a more moderated amount has the opposite effect – provided you stick to the right tippie, that is. Champagne is a winner, providing compounds that positively impact spatial memory.



VIRUS ALERT

While you're scrolling through your Instagram feed in the toilet (you're not alone, 59 percent of us do it), take note: **The throne is actually 10 times cleaner than your phone**, which can harbour 80 percent of common bacteria. Tip: Get a cleaning spray and a microfibre wipe. It beats running it under the tap.

PHOTO JOHN GILLMOORE/CORBIS



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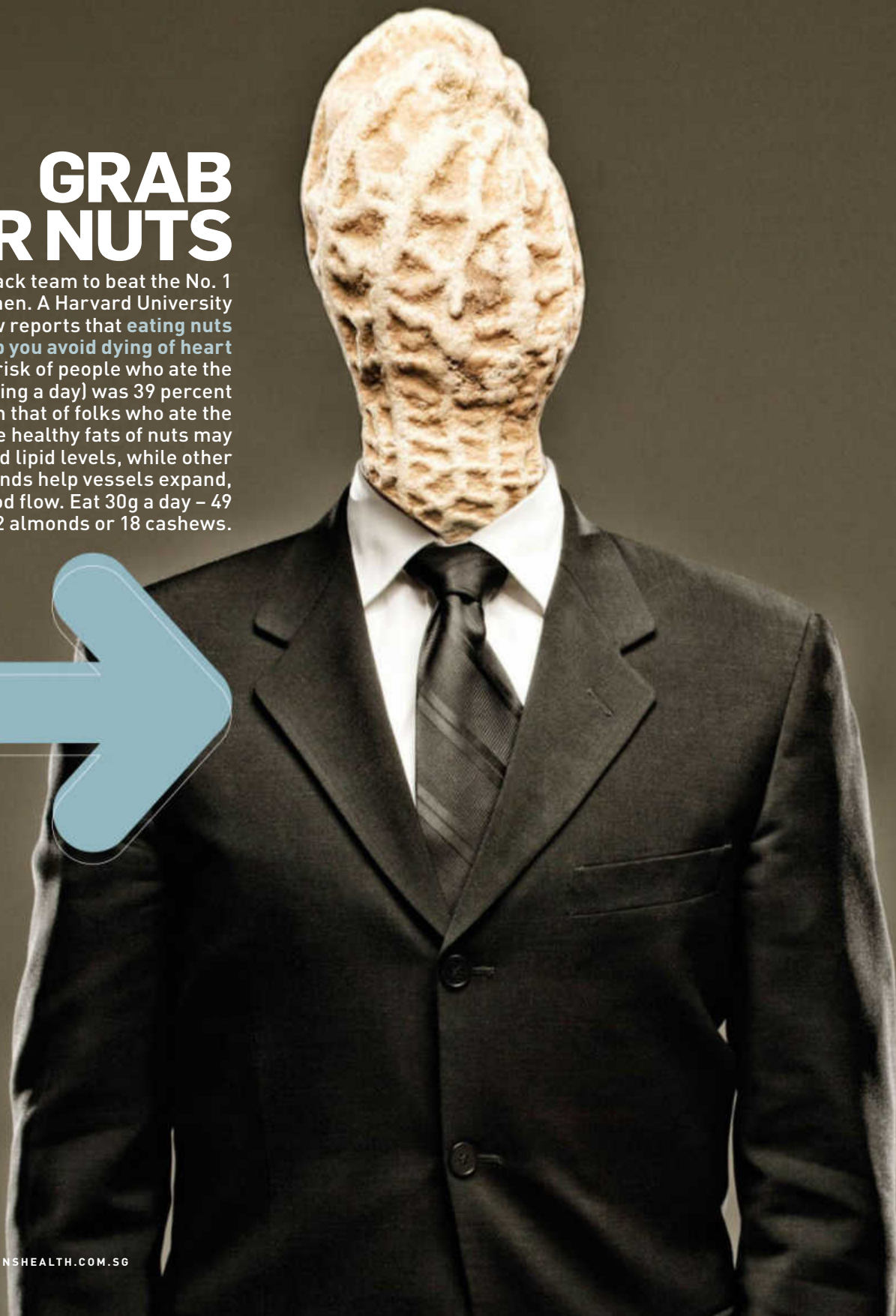
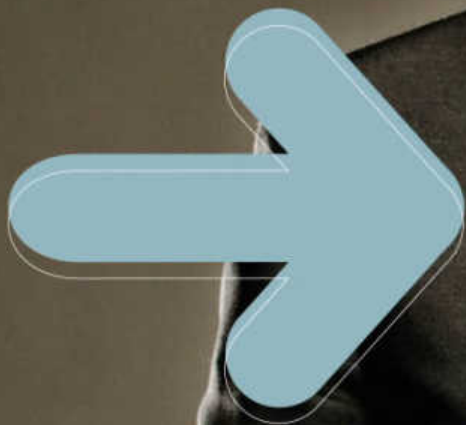
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GRAB YOUR NUTS

It takes a crack team to beat the No. 1 killer of men. A Harvard University study review reports that **eating nuts can help you avoid dying of heart disease**. The risk of people who ate the most (a serving a day) was 39 percent lower than that of folks who ate the least. The healthy fats of nuts may lower blood lipid levels, while other compounds help vessels expand, easing blood flow. Eat 30g a day – 49 pistachios, 22 almonds or 18 cashews.



THE PUMPKIN PIE CHART

Here's why the pumpkin is more than a creepy art project in October. It's an all-year certifiable health treat, no tricks...



SUCK IT UP

Compositionally akin to a massive orange water balloon, pumpkin's sky-high H₂O levels make it one of the most satiating foods on earth. Beats sweet potato any day.



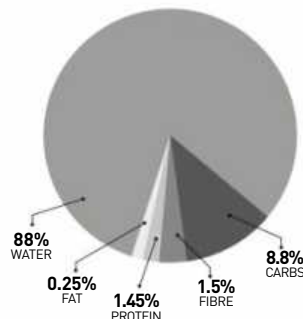
SIGHT SAVER

With more vitamin A than you can shake your specs at, blitzing a pumpkin into a smoothie is like a detox for the eyes: A dose of the vitamin cleans up your retinas.



QUASH ILLS

Being potentially anti-inflammatory, a daily dose of this squash reduces your markers for heart and joint diseases, as well as your cancer and depression risk.



03

The maximum number of minutes your broccoli can sit in the microwave before losing its anti-cancer powers.

SOURCE: UNIVERSITY OF WARWICK IN THE UK



MEAL MULTIPLIER

PESTO CHANGE-O!

Struggling to eat enough nuts? Put a new spin on basic basil pesto. Toast ¼ cup of your favourite nut, then pulse in a food processor with 2 cups of leafy greens or herbs, ½ cup of grated hard cheese (such as pecorino, manchego or firm cotija), 2 garlic cloves and ¼ cup of olive oil until smooth.



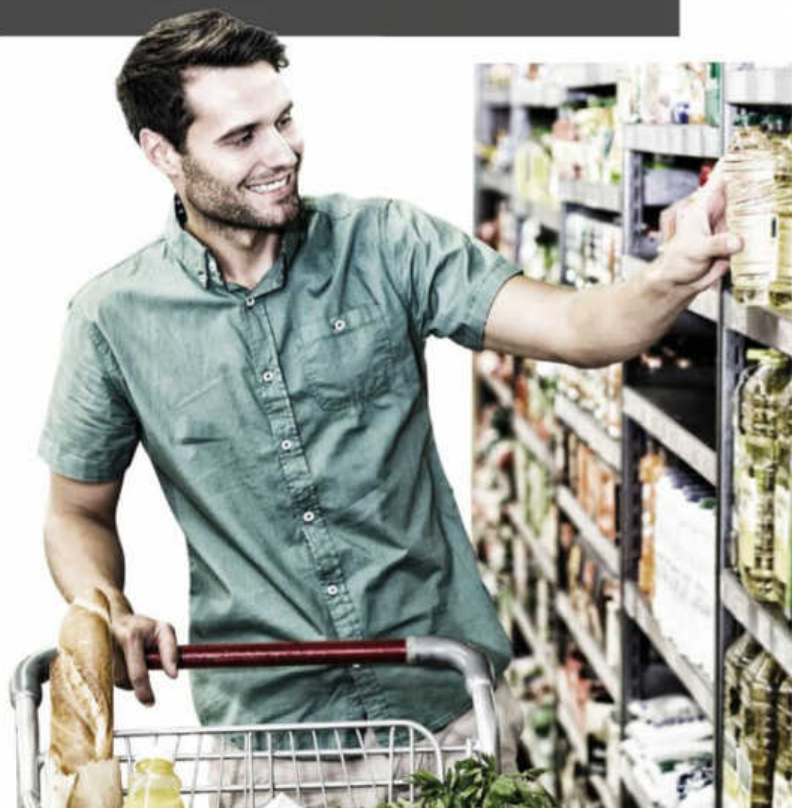
FOOD FACADE

Ever been lured into a bad relationship by a pretty face? We thought so.

Packaged foods bearing sexy nutrition claims on the front can be hard to resist, a New Zealand research reveals.

Shoppers were up to 9 percent more likely to grab grub with a billboarded benefit – even if the food was otherwise a health dud. So ignore the slick front labels.

Check the nutrition stats, then commit.



FITNESS

BULLETIN

11

The percentage gain in men's vertical jump after they did plyometric training three days a week for a year.

SOURCE: BONE

WINNING STRATEGY BUILD IN BLOCKS

For faster results, focus your training.

Concentrating on a specific fitness goal each month can lead to greater overall gains suggests a study in *The Journal of Strength and Conditioning Research*. Try it: Pick a monthly goal – say, strength, power, cardiovascular stamina or endurance – and dedicate two workouts a week to achieving it.

YOUR NEXT BIG MOVE

Trainers call the barbell squat the king of exercises. But a UK study found that the **rear-foot-elevated split squat can increase your strength, speed and agility** just as much. "And because it's less technical and requires less mobility, it's safer," says Doug Kechijian of Peak Performance in New York City. **Here's how to do it.**



1/Stand tall holding two dumbbells next to your sides. Place the top of your right foot on a bench behind you, and brace your core.



2/Slowly lower your body as far as you can. Pause, and then quickly push back up to the starting position. Do 3 sets of 16 reps (8 per leg).

GROW LIKE A CHAMP



To pack on size quickly, many guys train like bodybuilders (that is, back and biceps one day, chest and triceps the next). But if your gains seem to be levelling out, it's time to change your approach. Total-body workouts can help you break through a training plateau, a US study suggests. "Training muscle groups at least twice a week may stimulate more protein synthesis," says study author Brad Schoenfeld. The result: fresh growth.

BOOST LUNGE CAPACITY

Offset training – loading one side of your body – makes moves like the lunge and split squat more challenging. Which side do you load? It depends on your goal. Holding the weight in the hand opposite your working leg engages your gluteus medius nearly twice as much, say Czech scientists. Holding it in the other hand emphasises your quads.

IT'S EQUIPMENT, NOT CLOTHING



DNAmic Series . Available in Summer 2016



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WEIGHT LOSS

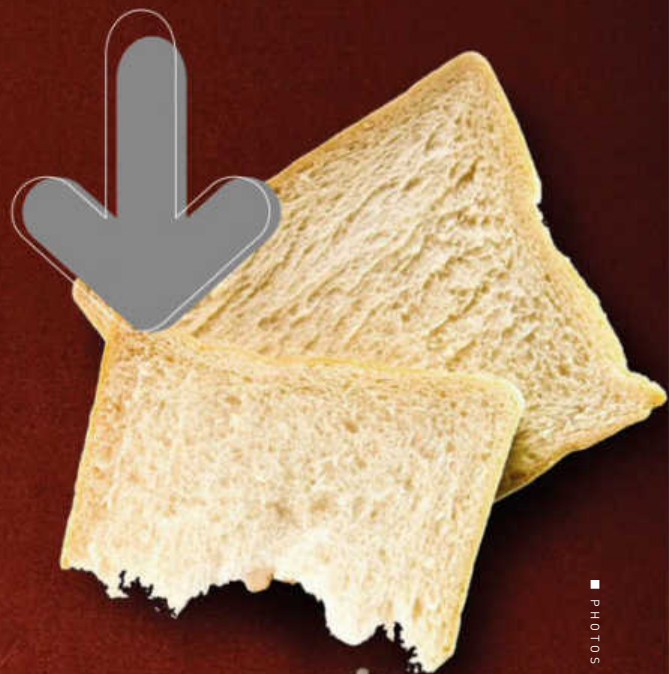
BULLETIN

LOSE YOUR BREADBASKET

No loafing in the weight loss battle! According to a Spanish study review, white bread can give you a gut even if you eat a sensible Mediterranean diet.

White-bread eaters added more than 1cm to their waist – and nearly 1kg more body weight – than people who ate little or no white bread, the review concluded.

The diets of both groups included plenty of olive oil, beans, produce and fish. Still crave your daily bread? Go wholegrain: It had no effect on weight gain. That's because the added fibre gives your slice a better glycaemic index, explains study author Lluís Serra Majem.

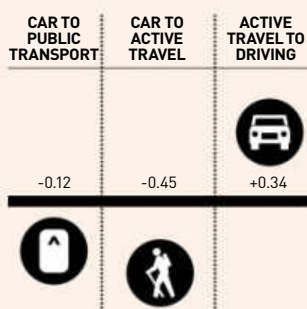


■ PHOTOS (MICE) C.J. BURTON/CORBIS (TROLLEY) JOSE LUIS PELAEZ, INC./CORBIS & (BREAD) NUNNICA SUPARIT/123RF ■ ILLUSTRATION (BURGER MAN) KHOON LAY GAN ■ ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SAMI

HEAVY TRAFFIC (AND DRIVER) AHEAD

Ditch the drive: In a UK study, folks who started walking, biking or taking public transport to work lowered their BMI and lost up to 7kg in two years.

BMI change if you switch from...



SOURCE: JOURNAL OF EPIDEMIOLOGY & COMMUNITY HEALTH



NO GREAT SHAKES

Pass on the salt: In a US study, **men who ate less sodium were 22 percent less likely to be overweight or obese**. High sodium intake can alter fat cells' sensitivity to insulin.

SEE YOUR DOC, DROP THE KILOS

Losers can't be choosers: You may shed more weight if your diet is prescribed by a doctor, say American scientists. People assigned to a three-month online interactive diet programme lost 4kg more than those who were asked to read a weekly weight loss newsletter. Having a doctor's input provides accountability and spurs you to make more behavioural changes.

EXTRA KILOS LOST IN A YEAR BY MEN WHO STEPPED ON A SCALE DAILY, VERSUS THOSE WHO NEVER WEIGHED THEMSELVES.

SOURCE: JOURNAL OF OBESITY



GROCERY SNOOZE

You're more likely to purchase high-calorie food if you're tired, a Swedish study reports. **Sleep-deprived men bought an average of 1,319 more calories' worth of food than well-rested guys**. Why?

After a poor night's sleep, your stomach produces extra ghrelin, an appetite hormone that makes food seem more appealing, says study author Dr Christian Benedict.



IMPULSE CONTROL

DATE OFF WEIGHT

In an Australian study, guys who ate at a fast-food restaurant with a woman took in 255 fewer calories than when they dined with two or more people. Scientists aren't sure why, but men may see eating in a group as a competition, or order more as they wait for others to finish.

SEX

BULLETIN

FOOD FOR THOUGHT

According to researchers from University of California-San Diego, **satiated women are more responsive to romantic arousal than those with empty stomachs.** But that doesn't mean you should send her to a buffet.

"Physical discomfort is pretty incompatible with desire," says post-doctoral researcher Alice Ely. "After not eating for a long time, we feel uncomfortable. And when we overeat, we are uncomfortable. Find the middle ground."

EARLY-BIRD PERKS



What's the best time for sex? **It's 5.48am, according to Italian researchers, as it's the period when couples are most likely to reach orgasm.** The scientists reasoned that testosterone levels in men and women are highest in the morning, leading to greater satisfaction in bed. "The energy levels of both are highest, too. Mentally, they are less occupied with life's demands, so it's the perfect time," says sex therapist Geraldine Myers.



The percentage of men who reported they were satisfied when asked about their penis size.

SOURCE: THE JOURNAL OF SEXUAL MEDICINE

REBOUND LIKE A MAN



Now here's a chance to soothe that broken heart. Preliminary research from the University of Arizona in the US suggests that **sticking to a steady sleep schedule may help you overcome a break-up.**

According to study co-author Spencer Dawson, people who sleep well at night are more alert during the day, and are better at regulating difficult emotions (rather than being consumed by them).

QUIT THE STICK

Smoking can shorten your penis by as much as a centimetre.

According to a study by the Boston University School of Medicine, erections are all about good blood flow, and lighting up calcifies blood vessels, stifling erectile circulation.

PHOTO: CHRISTINA GOEBEL/CORBIS



**CAUSE
CHAOS**

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X15**

#BETHEDIFFERENCE

ALPHA α MALE

SEX • COUPLES • HEALTH • NUTRITION • GUY WISDOM • STYLE • GROOMING

How To Date
**NATALIA
NG**

GIRL OF MANY SUITORS

**NATALIA NG SETS THE
RECORD STRAIGHT ON DATING
BEAUTIFUL WOMEN.**

With stunning good looks, a degree in business finance, and the ability to speak three languages (English, Chinese and Indonesian), plus acting, hosting, modelling and singing credits, Natalia is easily one of those universal beauties most people would consider so desired, so demanding and, thus, so beyond the grasp of ordinary men. You wonder if there's any point talking to them if you aren't a millionaire, an underwear model or, at the very least, an actor waiting in the wings.

■ TEXT KENNETH WEE ■ PHOTOGRAPHY MICHAEL TAN ■ ART DIRECTION
JASON TAN ■ STYLING SHEH ■ GROOMING DAX LYE ■ OUTFIT H&M



GALLERY

See more of Natalia in the digital edition of *Men's Health Singapore*, available on Magzter and Apple Newsstand.

Or that's the assumption, anyway. According to the 26-year-old knockout, in reality, great-looking women fall for nice guys, too.

"Yes, the physical attractiveness of a guy is the first thing that gets my attention. And, yes, I prefer guys taller than me," says Natalia, who is a leggy 1.74m tall. "But, at the end of the day, what keeps me around is his personality."

So, consider her pointers below your strategy to attract and keep those women you've been dreaming about.

DON'T LET HER SCARE YOU

"I've been told I look a bit scary, that I have a resting bitch face," says the first runner-up of Miss Universe Malaysia 2013. "Dang it! I'm working on my resting smiling face."

LIKEWISE, DON'T INTIMIDATE HER

"The best asset a man can have is a great smile," Natalia offers. "I like guys with a sense of humour, who can make me laugh. And I think you can work on your smile. Try smiling with your eyes."

TALK TO HER – NOT HIT ON HER

Him: "Hey, what's the time?"

Natalia: "Is your phone broken?"

Him: "Erm..."

"That was probably the worst pick-up line I've ever heard," Natalia says.

"I'm not the kind of person to put down a guy, because I know it takes courage to chat up a girl. I will give guys credit for interesting pick-up lines, but think of it more of an excuse to start a real conversation."

CLEAN UP NICE

Most girls prefer clean-shaven men, advises Natalia. "Stubble is nice to look at; it's okay if you're not my boyfriend. But I prefer kissing someone less abrasive around the lips. Huge beards are not my thing; I can't help but wonder if there's a bird in there."

WORRY NOT ABOUT HER CRUSH

"Leehom is my celebrity crush," Natalia reveals, having met him on the set of *Blackhat* (the action film

that the Chinese-American artiste starred in, alongside Chris Hemsworth and Tang Wei) while working as a stand-in for Tang Wei. "He's handsome, humble and really easy to talk to. I don't know if I would date him; I just really admire him a lot."

LEARN TO COOK

Start by preparing your post-gym meals. "I'm usually the one cooking," says the Malaysian globetrotter currently based in Singapore, "so I'll be impressed if you can cook me something. Anything."

IT'S REALLY THE THOUGHT THAT COUNTS

A gift is only as good as the thought you put into it. "The most thoughtful gifts are the ones you buy spontaneously when they reminded you of me," Natalia says. "Men don't have to be romantic 24 hours a day. But you do need some romance in your life – for example, buying a pretty stalk from the flower shop you happened to pass by and surprising the girl. These little gestures make all the difference. Girls will always have an empty vase at home where they will put that flower you just bought."

DON'T START A FIGHT...

You have to control yourself. "If you know that a fight is brewing, always back down," Natalia advises. "Don't let it happen. If we do fight, give us a day to cool down. Girls need that time. They tend to think about what happened and realise where they were wrong."

...BE THE BIGGER MAN

A man needs to be generous. "The worst quality in a guy is selfishness," says Natalia. "I'm not a calculative person, so I don't like guys who nitpick, calculate on every penny or let the little things bother them."

FINALLY, COMMIT TO THE RELATIONSHIP

If she chooses you over other men (possibly taller ones who can cook and tell jokes), take her seriously. "Cheating is a deal breaker," Natalia says. "No second chances."

"I'VE BEEN TOLD I
LOOK A BIT SCARY,
THAT I HAVE A RESTING
BITCH FACE!"



OCEAN COOL

CLASSIC CHIC MEETS SPORTY CALM IN THE UPDATED NAUTICAL FLAG COLLECTION OF TIMEPIECES BY NAUTICA WATCHES.

Embracing the nautical lifestyle is to live with a bold sense of adventure and a desire to explore new frontiers. It also represents a sophisticated taste with an active spirit, and a zest for the finer things in life, such as the soothing of the mind the open sea brings. Capturing that spirit succinctly in a timepiece, Nautica introduces the NCT 16 Flag – the latest update to its signature nautical flag timepiece collection. For this novelty, it has complemented the sleek performance watch by adding a classic twist to the sporty design.

HERITAGE MEETS PERFORMANCE

Oozing vintage style and heritage, the NCT 16 Flag features a masculine 44mm stainless steel case with a smooth thin bezel that's timelessly classy. Moving this timepiece is a Japanese chronograph movement with pushers at two and four o'clock for quick activation.

While the watch may look understated, the beauty lies in the details. The start/stop pusher, at the two o'clock mark, has a dash of red to catch the eye.

A signature feature of this model is the use of nautical flags on the dial to mark time. Quintessentially Nautica, the use of these 12 flags was inspired by maritime operations. They also double as code that spells "Nautica Sport" when read from nine o'clock to three, and from eight to four. Each flag corresponds to a letter of the alphabet.

To suit different tastes, the NCT 16 Flag is available in a choice of white or maritime blue dials, and an option of red or blue croco leather, or stainless steel bracelet.

For a limited time only, readers can receive a free Nautica Foldable Backpack with every purchase of a regular-priced Nautica watch. Find out more at retailers.



A LEATHER STRAP AND DIAL IN MATCHING COLOUR CONVEY A COOL SENSE OF STYLE. NAI16520G, \$279.



THE COLOUR CONTRAST IN THE DIAL, CLASP AND STRAP ADDS A TOUCH OF CLASS. NAI16519G, \$279.



THE VERSATILE STEEL BRACELET GIVES THE NCT 16 FLAG A GO-ANYWHERE, DO-ANYTHING VIBE. NAI17516G, \$299.

PROMOTION IS AVAILABLE AT TANGS AND OG.

SYMBOLIC MEANING

More than a design feature, the 12 nautical flags on the NCT 16 Flag's dial each boasts specific meanings, with ships often flying them to share messages such as "being anchored with a diver beneath." Each nautical flag also corresponds to a letter of the alphabet, which is useful for sharing messages on the high seas.

THROW A PARTY TO REMEMBER

AS PART OF THE END-OF-YEAR CELEBRATIONS,
THE MEN'S HEALTH TEAM HAD AN AWESOME SHINDIG.
HERE'S HOW YOU CAN, TOO.



TEXT KELVIN TAN ■ PHOTOS MEN'S HEALTH TEAM ■ ILLUSTRATION 123RF

1

FORGET CHAMPAGNE, WHISKY IS IN

No festivity is complete without some liquid courage – and the Auchentoshan 12 Year whisky is pretty much a party all-rounder. It's smooth and citrusy, perfect for both whisky lovers as well as some ladies who like to add green tea to it. And it went well with our barbecued grub, too!



2

GET BEYOND BORED GAMES

There'll be pockets of time at every party – food takes time to cook, some folks come late – and you'll need to keep everyone entertained in those moments. Here's a game for everyone: target practise. We set up a few used beer cans and unleashed a volley of shots from Nerf guns. Who needs lucky draws when you've got such stuff?

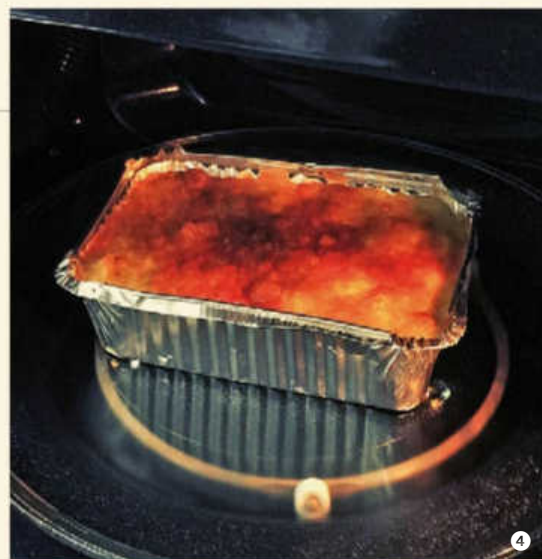


3

BACK-UP IN THE KITCHEN

Being guys, our planning committee had everything sorted out for every course of the night. Well, at least until the ladies started asking what's for dessert. It was too late to run out and go buy some, so thankfully we realised that there was a Samsung Smart Convection Oven in the kitchen, and enough baking products to whip up an easy chocolate cake. And because the oven had baking settings, we even managed to make it fairly tasty.

Saved by Samsung. Who would have thunk it?



4

GRUB MATTERS

Don't run around the island trying to pick up food for the party. Just check out websites like The Barbie Girls, which can provide practically everything you'll need grub-wise. Its 1kg salmon steaks are a real delight!

**FOR EVERY PARTY MOMENT**

Tunes matter when it comes to throwing a party, and crappy speakers don't help. Want to win a Samsung Wam 7500 worth \$699 for your next event? Simply tell us what's your favourite party music, and why. The most interesting answer wins. E-mail us at: magmenshealth_promo@sph.com.sg. Contest ends Dec 31, 2015.



FITNESS WITH FINESSE

A WATCH AFTER YOUR OWN HEART – THE LONGINES PULSOMETER CHRONOGRAPH DOESN'T JUST TELL TIME.

It's the age of multi-tasking electronic devices that measure your heart and activity rates on top of telling time. But the idea behind such devices isn't new, and there are a number that do so precisely and elegantly – no plasticky bands or garish colours that stick out like a sore thumb against your crisp workwear

during the week. A prime example? The Longines Pulsometer Chronograph, a re-issue of one of Longines' heritage models.

■ A MEDICAL INSTRUMENT

Inspired by a timepiece from the early 1920s that was used as an instrument by the medical profession, the Longines Pulsometer

CELEBRATING ITS LONG TRADITION OF WATCHMAKING, LONGINES BRINGS A VINTAGE MODEL BACK TO LIFE WITH FUNCTIONALITY AND ELEGANCE.

Chronograph provides a simple, reliable and rapid heart rate reading.

Using the pulsometer function is as simple as starting the chronograph with a push of the pusher and counting 30 heart beats. To stop the chronograph, use the same pusher.

The blue chronograph second hand will be pointing at the correct heart rate. No additional pushers are present on the watch, and using the same pusher for both steps frees up your hand to take your pulse. It's that convenient.

■ UPDATED, NOT OUTDATED

Just because the timepiece has a medical element doesn't mean it looks clinical and sterile in any way. The pulsometer blends in with the design subtly and elegantly. The white lacquered dial is adorned with nine painted black Arabic numerals, which subtly enhance the "Breguet"-type blued steel hands, while the red of the pulsometric scale stands out in perfect refinement.

A transparent steel case back – with a diameter of 40mm – reveals the minutiae of the column wheel movement produced exclusively for Longines, a testimony to the expertise of the brand's watchmakers.

The cover is made from sapphire crystal, with several layers of anti-reflective treatment. A brown alligator leather strap (with buckle) harmoniously completes this classic piece.

Besides a refined appearance, the watch also has a self-winding mechanical



ON THE PULSE

In the old days, a pulse measurement was taken over a period of 60 seconds, or by counting the number of pulsations over 15 seconds and multiplying that by four. It was therefore necessary to precisely calculate the number of a patient's heartbeat. But it wasn't an entirely trustworthy method. So the pulsometer was created in order to overcome these inaccuracies.

With a pulsometer watch, the chronograph hand, together with the pulsometric scale, clearly indicates the patient's heart rate on the dial after just 30 pulses and without the need to do any mental arithmetic. A pulsometer function thus provides a simple, reliable and rapid heart rate reading. This not only saved medical personnel precious time but also reduced the instance of human error, directly improving patient care.

movement with a single push piece and column wheel chronograph mechanism. In addition, 54 hours of power reserve and water resistance to 30m complete this modern interpretation.

With the Longines Pulsometer

Chronograph, you know you're getting a pulse-keeping timepiece that has stood the test of time, and will help you track your fitness indicators in an elegant, polished way. And if that doesn't set your heart racing, we don't know what will.



REVENGE



THE POWER TO TAKE
THAT TOOTH OR EYE YOU'RE
OWED IS SEDUCTIVE. BEFORE
YOU DO, UNDERSTAND WHAT'S
PULLING YOUR STRINGS –
AND WHEN YOU SHOULD PULL
BACK TO AVOID STEPPING
INTO THE DARK SIDE.



"You gotta get it fixed," the real estate agent told me.

"But it's just a small leak," I said. "A few coats of paint will keep any water stains concealed for months."

The agent shook her head. "Selling your house with a known but undisclosed defect is against Minnesota state law. Plus, it's a rotten thing to do."

Rather than give in to my worst instincts and risk a lawsuit, I sucked it up and paid \$4,000 for a new roof. Ironically, the roof looked so good, it started a bidding war that ultimately recouped much more than it cost. Lesson learned, sort of.

My family then moved to a new state in the US where we found a home similar to the one we'd just sold. The owners' disclosure statement claimed no known "material defects." Still, the seller's agent recommended a home inspector buddy just to make sure. I naively figured the agent was doing us a favour.

The following week, I met the inspector at the house. He was a beefy ex-contractor in his mid-30s with a sheaf of credentials. He assured me that nothing would escape his nationally certified eye. I asked him to pay special attention to the roof. Not to worry, he said, handing me a contract and a bill for services.

I forked over \$400, and two weeks later a thick dossier arrived in the mail detailing every nook and cranny of the new house.

The upshot was that, structurally, everything looked good. The roof wasn't perfect, he conceded, but it had at least 10 years before any significant repairs would be necessary. He also red-flagged a few cosmetic problems but, all in all, nothing major.

So we bought the place. A week after we moved in, it rained hard and water soon started dripping through the dining room ceiling. By nightfall, old water stains emerged like an angry rash through the fresh paint the previous owner had slapped on.

Incensed, I called the inspector, demanding he make things right. Whether he was in cahoots with the seller, I couldn't tell. But there was no question that he was legally obligated to represent our interests. His "inspection" of the roof wasn't just negligence – it was fraud.

Instead of denying it, he just chuckled. "Read the contract," he said. "I don't owe you anything."

I slammed down the phone. What little of our remaining life savings that had eluded the swindler's pocket now had to go for a roof to make the place

habitable. I didn't want to buy another roof. I wanted to buy a flamethrower.

FURY CAN OVERSHADOW ALL ELSE

"Any man I see out there, I'm gonna kill him. Anyone takes a shot at me, I'm not only going to kill him but I'm going to kill his wife, all his friends and burn his house down."

As much as these incendiary words have stoked my blood over the years, I can't take credit for them. Nor can the ageing outlaw, William Munny, who supposedly first uttered them back in 1881 in the frontier town of Big Whiskey in the US west.

Like so many of American culture's most stirring declarations of revenge, the quote is born of art, not history. Film buffs know William as the fictional anti-hero played by Clint Eastwood in his Oscar-winning Western, *Unforgiven*. Similar protagonists are, of course, legion in the world of drama. From Shakespeare's Hamlet to Quentin Tarantino's unchained Django, the quest by righteous men to exact revenge is one of literature's most enduring, and bankable,

YOU WANT
TO GET EVEN,
BUT WHO'S
REALLY
GOING TO
SUFFER?
THAT VOICE
IN YOU IS
SAYING
SOMETHING
ABOUT MEN
WHO LIVE
BY THE
SWORD.

archetypes.

In real life, schoolyard bullies, girlfriend poachers, scam artists, abusive bosses, scheming slanderers and a panoply of other backstabbing bums lie in wait for us all, determined to improve their position at our expense. And when we fall prey to their selfish machinations, who among us hasn't prayed for Liam Neeson's very particular set of skills in the *Taken* movies to right the wrong in a direct and personal manner?

Blood lust well stoked may even rival the sexual kind for igniting powerful fantasies and triggering an intense need to experience a savagely happy ending. It's almost as if a thirst for retribution is hardwired into the male psyche.

A FORCE TO RECKON WITH

Actually, there's no "almost" about it. A pioneering study published in the journal *Science* in 2004 was among the first to show that the drive to seek out vengeance resides in a specific part of the human brain.

Researchers at the University of Zurich had unsuspecting guys play an economic "game" in the laboratory, all the while monitoring their brains via positron emission tomography (Pet) scans. As long as the players cooperated and pooled their resources, each was rewarded with a steadily accumulating pile of cash. What the volunteers didn't know, however, was that the game was rigged.

Although there were multiple rounds of win-win play, in some rounds, a confederate working in cahoots with the researchers betrayed the trust of his partner, enriching himself at the expense of the group. Predictably, this provoked a strong desire for retaliation by the cooperative players, who suddenly realised that the jerk had played them all for suckers.

The researchers then offered each good guy a chance for payback, explaining he could "punish" the cheater. The Pet scans of players with a strong

desire to punish displayed an intense surge of activity in an evolutionarily older brain area known as the dorsal striatum. Research has linked the dorsal striatum to reward processing and has also shown that it can be activated by cocaine. No wonder the anticipation of revenge seems so sweet and seductive: Our brain circuitry is designed to find it so.

But how far will we go for this neurochemical hit? In an ingenious twist, the researchers gave the volunteers an opportunity to take revenge, but they would have to pay a price for the pleasure of meting out justice. Each slighted guy could pony up his own money in order to see the cheaters suffer.

Despite the cost to themselves, the participants' striata still lit up. Now, however, activity surged in a second brain region as well: the medial prefrontal cortex or MPFC. This part of the brain is a much newer evolution – one associated with the cognitive evaluation of costs and benefits.

The ancient striatum seems to drive our passion for revenge, while the more recent MPFC raises intellectual doubts about whether it's worth the effort. As helpful as this check-and-balance system can be in guiding the right decision, the two brain regions don't carry equal weight. The researchers found that in the men with high levels of dorsal striatum activation, the appetite for retribution was stronger, overriding the counsel of the rational MPFC.

UNDERSTANDING THE DARK SIDE

Neuroscientists aren't the only ones whose investigations into the science of revenge have begun encroaching upon, and fundamentally revising, a field long ceded to theologians and moral philosophers. In fact, over the past two decades, researchers in disciplines as disparate as evolutionary biology, criminal justice, social psychology and even game theory have started to converge

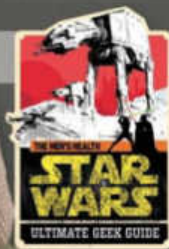
on a surprisingly coherent picture of the role revenge plays in our lives.

"To outside observers, revenge today often looks pointlessly destructive," acknowledges psychologist Michael McCullough, the director of the Evolution and Human Behavior Laboratory at the University of Miami. "But the desire to seek revenge is as natural to human beings as grief, happiness, fear and hunger. The instinct for it has been crafted by natural selection because of the critical problems it solved as our species was evolving."

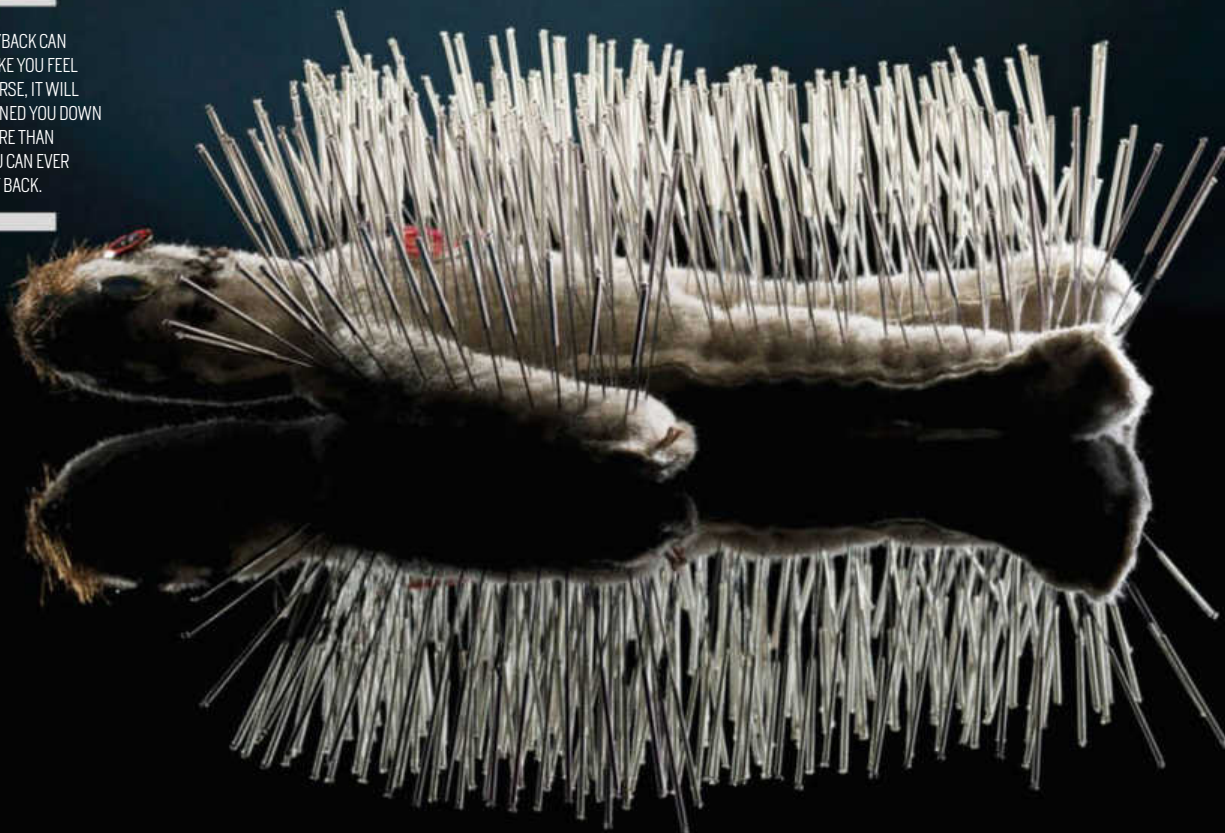
For our hominid ancestors, these solutions included direct deterrence (if someone harms you or a loved one, retaliation reduces the chance they'll do it a second time); establishing and honing a vengeful rep (those famous for unflinching payback project a clear "Don't tread on me" message that discourages bad actors from even a first offense); and the "moralistic enforcement" of norm violators (punishing cheaters, freeloaders and other deadbeats makes them pay a price for their selfishness, and ideally teaches them to become team players).

Humans are not alone in benefiting from revenge's social solutions. "When you scratch off the veneer of religion and philosophy," says Prof McCullough, "we're finding that revenge works pretty much the same way in many group-living animals, from chimpanzees and crows to wolves and dolphins." For these other highly social species, too, revenge is a necessary tool, one that serves the group by protecting individuals from victimization.

But even the most adaptive of tools can sometimes outlive its usefulness when job requirements change. Unlike wild animals whose group dynamics, preferred habitats and means of livelihood have evolved little over the millennia, we live under circumstances today that would be unfathomable to our ancestors in the Pleistocene Epoch.



PAYBACK CAN
MAKE YOU FEEL
WORSE, IT WILL
PINNED YOU DOWN
MORE THAN
YOU CAN EVER
GET BACK.



"When 'legitimate' citizens – that is, non-criminals – are wronged in modern societies, there's no need for them to take the law into their own hands," says Volkan Topalli, a US professor of criminal justice and criminology. "Instead, they have an interconnected network of formal remedies available to them."

Ideally, at least, the cops will deal with the bad guy for us, and a judge will assess any civil or criminal penalties he deserves. In best-case scenarios, this allows us to see the offender punished at zero personal risk.

We are, however, deprived of one thing that ticked-off Pleistocene folks enjoyed and that many of us still crave: the visceral pleasure of doling out vengeance directly. Perhaps it's no surprise that not everyone resists this primal call for blood. Some, in fact, will opt for the

most extreme form of score settling: Researchers estimate that 10 to 20 percent of all homicides worldwide are motivated by revenge.

SEETHING AT THE INJUSTICE

The more I ruminated about how I had been ripped off by a "certified" professional, the worse I felt – filled with bottomless rage and somehow emasculated, too. I tried telling myself that karma would get him in the end. I tried blowing off steam at the gym. Neither strategy worked. So I did what men are supposed to do in civilised society: I called a lawyer.

After reviewing the contract, he pointed out some fine print that absolved the inspector from any negligence claims. "You can sue him," the lawyer said, "but the contract is clear. You won't get a dime."

At this, the veins in my temples must have begun twitching like worms on a hot sidewalk. Noting my reaction, the lawyer said: "Look, it doesn't make sense for you to pay my hourly rate, but I know one guy who might take your case on a contingency basis. You only pay him if he gets you some money."

That afternoon, I reached out to this other lawyer – I call him Spike – and explained my predicament. "I hate cockroaches," Spike said. I knew I'd found a champion.

At the hearing a month later, the home inspector showed up with his own lawyer, both of them smirking. The inspector's lawyer argued that the contract was clear: Under no circumstances was his client obligated to pay for any mistakes he may or may not have made. Spike countered that mistakes are different from intentional fraud.

Amazingly enough, the judge agreed with Spike and ruled in our favour. He ordered the inspector to return my \$400 plus half the cost of a new roof. I feared my jaw might break from beaming.

In the short-lived ecstasy that followed, I ventured a quick look in the direction of my nemesis. As the oft-quoted saying goes: "It's not enough that I succeed – others must fail." Alas, all hope that the villain's misery might further stoke my joy evaporated the second I saw his face. His insufferable smirk hadn't disappeared but rather just seemed smirkier than ever.

"Maybe you 'won,'" his lawyer said, adding air quotes for emphasis, "but you'll never collect. My client's 'judgment-proof.'" I didn't know the phrase but instinctively found it loathsome. Spike described the tricks some scammers use to



shield their assets. The inspector overheard and openly chortled. The urge to grab his throat was nearly overwhelming.

Spike put his hand on my shoulder. "Don't worry," he said. "I haven't given up."

Three months later and with no further word from Spike, I figured he finally had. The fraudster's smirk continued to chase away my sleep and fuel fantasies of less civilised payback.

CHOKED UP WITH ANGER

Making things even worse was my sense that my nemesis was no longer thinking about me at all. The fiscal harm he'd caused was compounded by images of him skipping merrily through life while I remained obsessively waylaid in anger and bitterness.

Transgressors and victims tend to have wholly different interpretations of the amount of damage an injurious act causes. Their "no big deal" can be very big indeed for the wounded party. In a study published in *Basic and Applied Social Psychology*, participants were asked to describe times when they'd been victims and victimizers.

"When we harm someone else, we tend to downplay it and distance ourselves from the seriousness of our transgression," says study author Arlene Stillwell. "On the other hand, when we're harmed in the very same way, we see ourselves as victims of a grave injustice."

This "magnitude gap" in perception, she argues, makes it very difficult to hit the retaliatory sweet spot wherein both avenger and transgressor agree the punishment fits the crime. "In light of these findings," says Prof Stillwell, "it's understandable why vendettas take place. Both sides come to see themselves as victims, and each seeks an equitable solution. But what one believes to be fair, the other sees as excessive. The result can be an escalating

cycle of revenge."

As my dorsal striatum tantalised with delicious images of me hurling cinder blocks through my enemy's living room window or turning my new flamethrower on his car, my MPFC questioned whether this would trigger him to retaliate in an even more violent way, putting not just me but my wife and young sons in harm's way.

Certainly, resisting the urge to pull a William Munny was the sane course of action. For a guy like me, it's hard to see vigilantism as anything but lunatic – I may not have had much, but I still had too much to lose.

So why did heeding my MPFC leave me feeling so crazed?

Indeed, an influential 1948 report in *The American Journal of Psychoanalysis* was among the first to identify unfulfilled thirst for vengeance as a particularly potent trigger for mental disorders and aggressive outbursts.

"The author argued that this takes over the weak-minded and wreaks havoc on their psyches," explains Prof McCullough. If not acted upon, it could consume a whole lifetime, leaving you literally sick with bottled-up misery.

MASTER YOUR EMOTIONS

The psychological turmoil experienced by myself and others who are equally "weak-minded" would seem to argue for the need to deliver some kind of retributive strike, though not illegal in nature. And, of course, of all the pithy platitudes revenge has inspired, none is spouted more frequently than this: Revenge is sweet. But is it really?

In a much cited 2008 study in the *Journal of Personality and Social Psychology*, American researchers found evidence that revenge may look sweet only in anticipation – that it's rarely so delectable in execution.

"It's actually fairly common to mispredict the intensity of our future emotions," explains Timothy Wilson, a professor of

psychology. "But revenge is unusual in that we actually get it backwards: People given the chance for payback think it will make them feel good, but most actually feel bad afterwards."

Using a variation on the economic game the researchers in Switzerland had employed, Prof Wilson and his colleagues randomly assigned volunteers to two groups, and then arranged for them each to be "stabbed in the back" by a confederate. Those in the "no punish" group were thanked for their service and asked to rate their mood. Those in the "punish" group were asked to predict how good they thought their revenge would feel. Then, after they carried it out, they were re-interviewed about the reality.

"In our study," says Prof Wilson, "we couldn't find evidence that there was any enjoyment of it. In the group that was able to punish, almost everyone's mood and emotions actually declined afterwards." The "no punish" group, by contrast, showed no such mood dips.

The researchers found that revenge stokes rather than quenches a person's sense of victimization. "Those given the chance to act revengeful," says Prof Wilson, "tended to keep ruminating about what a jerk the guy was. But those who had no chance to respond found other ways to minimise it and move on." As Sir Francis Bacon noted more than three centuries earlier: "A man that studieth revenge keeps his own wounds green, which otherwise would heal, and do well."

To researcher Mario Gollwitzer, a professor of social psychology at Philipps University of Marburg, Germany, it's not surprising that revenge so rarely feels the way we think it will. His proposed "understanding hypothesis" suggests that revenge has a more complex, functional purpose beyond the mere equalisation of suffering. It is, in fact, less concerned with punishing past sins than it is

with effecting positive changes in a transgressor's future behaviour towards those he's wronged.

In a series of studies from 2009 through 2015, Prof Gollwitzer and his colleagues have shown that three ingredients are needed to make revenge "work."

"When the timing is right, the level of retaliation matches the level of the initial provocation, and the harmdoer 'learns' that his behaviour was wrong," says Prof Gollwitzer. "Only then do avengers feel satisfied and triumphant about their retaliation."

Prof McCullough agrees, adding that true remorse sets the stage for the next step in repairing a damaged social relationship. "What the human mind really hopes to get from punishment is a positive change in the offender's behaviour towards the victim," he says. Once this happens, he maintains, a second adaptive instinct can kick in: forgiveness.

BOUNTY HUNTING

Lawyer Spike called the morning of Christmas Eve.

"I got him," he said. "I got the cockroach." Spike explained that he'd mailed a copy of the judge's ruling to every bank in the state. "I figured he had to have a concealed account somewhere to process checks and pay his secretary," Spike said. "And I was right."

In an obscure little bank deep in a rural part of the state, the fraudster had just enough money squirreled away to satisfy the judgment plus Spike's well-earned contingency fee.

"Merry Christmas!" he said.

It had been months since I'd last seen Spike. But in my mind's eye, he now looked like a dead ringer for Clint Eastwood in ramrod chaps. I thanked him,

RETREAT FROM RETRIBUTION

Maybe some jerk cut you off on the highway, or a colleague cut you out of a plum project. Whatever you've suffered, use these tools to help yourself walk (or drive) away from revenge.

FILL UP YOUR THINK TANK

Your brain is 2 percent of your body weight but uses about 20 percent of your daily calories. The MPFC (medial prefrontal cortex), which governs emotion, is especially voracious, says Brad Bushman, a US professor of psychology. If the idea of revenge starts to feel irresistible, gulp some fruit juice to send a surge of glucose to your MPFC.

DELAY, RELAX, DISTRACT

Many guys try to dissipate anger through cathartic acts, like swearing. Save your breath. Prof Bushman says indulging your aggression will fuel the vengeful fire inside. He suggests a three-pronged calming strategy: Delay (count to 100), relax (take some deep breaths and meditate) and distract (work on a puzzle or read).

FIGHT MAD WITH GLAD

"It's impossible to experience incompatible emotions at the same time," says Prof Bushman. Petting a dog, helping a friend with a task, kissing your wife – these are all anti-thetical to anger. "Research has shown since the late '70s that empathy, humour and mild sexual arousal can all reduce anger," adds psychologist Arlene Stillwell.

JUST LOOK AT YOURSELF

Ask a stranger whether your rage is rational, and he'll likely say no. But playing the part of the stranger is even more powerful. Be the fly on the wall, says Prof Bushman, and see yourself through the eyes of an objective observer. This helps remove emotion from the equation and shows that revenge won't bring satisfaction.

hung up and sped to the mall. What had looked to be our most Dickensian Christmas ever was now, thanks to revenge by proxy, the stuff of a Hallmark TV special.

I splurged on presents for my wife and sons. As for me, no presents necessary: I'd just received the best gift of all – the image of an idiot's smirk turning upside down.

At 9pm, with the kids finally in bed and gifts wrapped beneath the tree, the phone rang again. My heart sank – I was certain Spike was calling to report that some new legal technicality had arisen. But it wasn't Spike – just an enraged stranger screaming death threats at me.

"Who is this?" I asked between his obscenities and invective. "I think you've got the wrong number."

He didn't. It was the home inspector, who'd moments earlier discovered his bank account drained and hit with bounced-check fees. "How could you do this?" he shrieked. I reached over and switched on the digital recorder I use to tape interviews for my job.

"I'm legally required to inform you," I said, trying to keep my voice calm, "that I'm taping this conversation." Then, with heart pounding, I awaited his next threat.

HATE LEADS TO SUFFERING

The burgeoning "positive psychology" trend of the late 1990s saw researchers beginning to document how beneficial forgiveness can prove to victims of injustice, allowing them to escape the anger, depression and anxiety that so often accompany persistent grudges and unrequited revenge. This association, in turn, helped spawn a new form of counselling: "forgiveness therapy" – the focus of Prof McCullough's own early research efforts.

"I was trying to understand what helps people forgive," he says today. "I thought this would be a cool thing to know how to do, something that could

maybe even make the world a better place. Many researchers in counselling psychology and social work were trying to figure out how to make forgiveness happen."

But by 2000, Prof McCullough began to have doubts about the now deeply entrenched "medical model." If forgiveness is so therapeutic, he wondered, why is it so difficult for so many wronged people to manage? What if forgiveness is not a cure but rather another adaptive trait, one that natural selection has favoured because of the social problems it can help solve?

In his book *Beyond Revenge: The Evolution of the Forgiveness Instinct*, Prof McCullough describes how research by primatologists, anthropologists and evolutionary biologists began to dovetail on a central conclusion: Just as with the revenge instinct, a forgiveness instinct is not only universal in human groups but also widespread throughout the animal kingdom.

Primatologist Frans de Waal published data indicating that among chimps and other great apes, for instance, friendly behaviour, such as kissing, touching and embracing, is actually more common after aggressive conflicts than in times when everything is copacetic. The same kind of rift mending occurs in goats, sheep, dolphins and hyenas.

"Of all the half dozen or so non-primate species studied so far," says Prof McCullough, "the only one lacking a conciliatory tendency is the domestic cat, something that will probably come as no surprise to cat owners."

The instinct for forgiveness, however, is hardly indiscriminate. As Frans de Waal's "valuable relationship" hypothesis has shown, wronged individuals don't treat all transgressors equally. After all, it makes no sense to squander energy trying to reform a recidivist villain who either won't improve his treatment of you or has nothing to offer

you even if he does. Better to just avoid future contact with him altogether.

But what about an offender who can be taught the error of his ways and who, moreover, has plenty to offer if you can recalibrate his opinion? Within our ancestral groups, a self-centred bully, for instance, might also be a skilled hunter. If you could change his estimation of you, in the process converting him to an ally, the upside potential far outweighs the benefits of killing or maiming him.

It is not an easy trick to pull off. You must earn the offender's respect through displays of anger and a believable willingness to retaliate, convince him there's more upside to having you as a friend than an enemy, and be willing to forgive and forget – if and only if he shows genuine remorse and desire to mend the rift. All the while, you must be keenly aware of signs he's playing you for a sucker.

KEEPING A LEASH ON REVENGE

One of the inadvertent drawbacks to many modern justice systems is that they remove the opportunity for direct interpersonal resolution of harms. Even the most sincerely contrite transgressors, for example, are loath to apologise, fearing this will only open them up to greater liability.

When the government does assess civil and criminal penalties on a victim's behalf, it can satisfy some of our desire to see a bad guy punished. But it does little to give us what we've evolved to want most: the kind of resolution that comes only when our transgressors demonstrate true understanding of – and contrition for – what they have done to us.

This need to make victims truly whole, says Prof McCullough, is one reason the "restorative justice movement" is fast catching on in the US, Canada, the UK and New



Zealand. As an adjunct to, not a replacement for, standard criminal justice systems, it's helping many victims accomplish what forgiveness therapy could not bring them: a way to move past their hurt and unresolved anger.

"Restorative justice," says Prof McCullough, "provides a venue where a willing victim can meet face-to-face with a willing offender who wants to offer an apology." The human mind is well tuned to cues of sincere contrition and self-serving falsehood.

But when it detects the former, the impact can be transformative. "It's what we seem to need," Prof McCullough says, "for true forgiveness and reconciliation to occur."

TRY YOUR BEST TO FORGIVE

For nearly a minute, I could hear nothing but silence on the phone line. I wondered if the inspector had gently hung up and was now driving over with a baseball bat. What happened next was the last thing I expected.

"It's Christmas, man," he said, his defeated voice breaking the silence. "I got little kids, and now I can't give them nothing. I can't even pay for heat."

In this pathetic moment, I saw this guy for what he was – not a super villain, just another garden variety schmuck of the sort found in every corner of the

earth. Schmuckier than me, at least by my estimation, but I could no longer maintain any illusion that we were of separate species.

I heard a stifled sob, and at that moment the *joie de revenge* I'd been trying to amplify all day turned sour in my throat. I didn't know what to say, and after five seconds of silence, I just hung up. As Christmas Eve ticked over to the wee hours of the morning, I couldn't sleep, partly because of feelings of guilt, but also due to a building sense of dread that there might be still more twists to come.

That afternoon, I turned over the recording to Spike, who contacted the inspector's lawyer, who must have talked some sense into his client. Any vestigial paranoia about his violent payback gradually faded over the next few months.

In the 19 years since all this transpired, I've neither seen nor heard another word from this man who both wronged me and felt wronged by me. On the rare occasions when I think about his fate, I wish him more good than sorrow. Who knows what, if anything, he might now wish for me?

Both of us, I realise today, shared the same instinct for revenge. Perhaps the same holds for forgiveness, too.

LET'S FACE IT –
VENGEANCE UNCHECKED
CAN CAUSE YOU TO LOSE
YOUR SENSES. THAT'S
WHEN YOU FAIL TO SEE
YOURSELF CLEARLY.

STRAIGHTEN YOURSELF OUT

RELIEVE BACK PAIN AND
STRETCH YOURSELF 5CM TALLER IN 14 DAYS.

B

Alexander Technique – a physio method that a study in the *British Medical Journal* found releases muscle tension.

Incredibly, it can also help you gain up to 5cm of height as well as relieve you of twinges and niggles. And it can be as simple as lying on the floor with your knees bent, using two or three books as a headrest (staying in this position for 10 minutes can rid you of shoulder cramps) or rolling your head forward to improve your posture.

Not convinced?

A study from the University of Florida found that taller people get paid more compared to shorter colleagues. Inch your way to success.

ack aches are enough of a pain as it is. Now, it seems they're making you shorter, too.

A standing desk will help but – unless you work for Google – it isn't always an easily available option. So take matters into your own hands with the

OFF-THE-WALL GAINS

Perform this equipment-free move from internationally renowned Alexander Technique teacher Noel Kingsley every day for at least two weeks, to elongate your spine and release lower-back stress.



01 STRAIGHTEN OUT: Stand with your back pressed against the wall and place your feet 30cm apart and 10cm away from the wall.



02 SINK DOWN: Slowly bend your knees and slide down the wall by 45cm, making sure your lower-middle back is touching the wall.



03 PUSH BACK UP: Return to the start. Keep your lower back on the wall as long as possible. Walk away with your head held high.

■ TEXT K. ALEISHA PETERS ■ PHOTO TIM MCGUIRE/CORBIS ■ ILLUSTRATIONS 123RF

DOCTOR FREEZE

RECHARGE WITH WHOLE BODY CRYO AT PHYSIQUE TO STAY AT THE TOP OF YOUR GAME.



Even the toughest of men need to recharge and recover in order to perform optimally. Whether you're a career sportsman, regular gym-goer or simply looking to sustain your corporate stamina, it pays to keep your body in prime condition.

And if there's anyone who knows how to care for their bodies and keep them in tip-top form, it has to be professional athletes like world-class striker Cristiano Ronaldo or basketball royalty LeBron James and Kobe Bryant, among others.

What do they have in common besides winning a lot of games? They're all known users of whole-body cryotherapy.

■ HOW IT WORKS

Looking and sounding like something you might encounter in a science fiction flick, whole-body cryotherapy was actually developed in the 1970s by Japanese doctor Toshima Yamauchi.

Based on the principle that exposure to low temperatures eases inflammation in the body, Whole Body Cryo at Physique is carried out in a European-made machine that surrounds the body in very cold air that ranges from minus 140 to minus 170 deg C. This cools the skin surface very quickly to about 0 to 1.6 deg C, prompting your body to react by constricting its blood vessels to protect the vital organs from

freezing. According to Physique, this process triggers the enrichment of your blood with hormones, enzymes and oxygen for a quick and easy boost to your system.

■ BENEFITS OF WHOLE BODY CRYO

Each session of Whole Body Cryo purportedly results in a rush of endorphins not unlike a post-workout high.

In the long run, regular users of this therapy report increased metabolism, halved muscle recovery times, increased energy levels and reduced fatigue. Some professional athletes are even said to use it daily, as it is reportedly ideal for recovery between multiple training sessions in a day.

■ THE PHYSIQUE EXPERIENCE

A session of Whole Body Cryo takes all of three minutes – it's so simple and fast that you can zip into the Physique premises during lunch and be out with time to spare.

After having your welcome drink, remove your outer garments and belongings, and store them in the provided facilities. Don the robe provided.

Once inside the machine, hand your robe to the trained staff, who will be present throughout your session to ensure that you are comfortable and well.

Whole Body Cryo is not recommended for those who have existing heart conditions or open

wounds. Ensure that you towel your skin completely dry to prevent discomfort during the session. Cotton undergarments are recommended.

EXCLUSIVELY FOR MEN'S HEALTH READERS!

Enjoy your first Whole Body Cryo experience at just \$119 (usual: \$238). Simply like Physique on Facebook and present the like when you arrive for your session.

Call 6532-0777 to make an appointment. Physique is at #05-17 One Raffles Place. Operating hours: 11am-8.30pm (weekdays), 11am-6.30pm (Sat).

For more information, connect with Physique on Facebook (physiquegroupsg) or visit www.physique.sg.

YEAR-END PROTEIN BASH

SMASH YOUR PERCEPTION OF TOUGH TURKEY MEAT AND ENJOY THIS NUTRITIONAL POWER BIRD.

WHAT TO EAT SLOW-ROAST TURKEY WITH ROOT VEGETABLES AND CHESTNUT-CHICKEN MOUSSELINE

This festive season, the much-maligned turkey finally gets to enjoy some limelight – but not without enduring comments about its supposedly hard texture and bland taste. Redemption, however, can be found in the signature turkey dish created by Chef Fong from Carlton City Hotel. Part of the festive takeaway list, the bird is slow-roasted to tender goodness and paired with healthy root vegetables. The skin is slightly crisp, while there's sufficient moisture residing within the meat to make each bite juicy.

The roast's key feature lies in the array of four sauces available that you can drizzle over each slice of meat.

Classic ones comprise Classic Giblet Gravy and Ginger-cranberry Relish, as well as Peppercorn-wine Sauce and Granny Smith Apple Puree. If you prefer something more adventurous, there's the SG50-inspired Creamy Spice Coconut Sauce and Mango Salsa. Or opt for Oriental Barbecue Sauce and Onion Salad.

There's even added protein in the form of chestnut-chicken mousseline, laced with bits of chestnuts to add crunch. Plus it complements the turkey well when you bite into them together.

Other takeaway offerings are also available, such as the Australian roast beef tenderloin Wellington, as well as the honey rock-sugar-glazed boneless ham.



➔ PER SERVING

493 CALORIES

27G PROTEIN

15G FAT

1617MG SODIUM

63G CARBOHYDRATE

➔ HOW MUCH

\$120+ FOR A 5.5KG TURKEY, WITH A CHOICE OF TWO SAUCES

➔ WHERE

THE CHRISTMAS SHOPPE, LOCATED AT TUXEDO (LOBBY LEVEL), CARLTON CITY HOTEL, 1 GOPENG STREET, TEL: 6632-8921, WWW.CARLTONCITY.SG

NUTRITIONAL POWERHOUSE

► Few people actually know that turkey is packed with nutrients such as phosphorus, potassium, iron and B vitamins. It's also rich in selenium, a type of antioxidant that aids thyroid metabolism and boosts immunity.

What's more, the Thanksgiving staple is not just a great source of lean protein, it also helps to guard against bone fractures.

Turkey is rich in the amino acid tryptophan, which the body uses to synthesise serotonin. This, in turn, plays a vital role in the manufacture of the dynamic cells that maintain and repair your bones.

That same serotonin also acts in the brain as a mood booster, so it's probably not the vodka cocktail that's making you dance on the tabletop after all.



LET'S MOVE

TURN YOUR INERTIA
INTO EUPHORIA.



OUTDO YOURSELF

THE FORCE IS BACK

AFTER A DECADE-LONG HIATUS, YOUR MISSUS' NIGHTMARE AND EVERY FANBOY'S DREAM RETURNS.

► STAR WARS: EPISODE VII – THE FORCE AWAKENS

Despite claims that the *Star Wars* saga was over after *Revenge of the Sith*, fanboys started drooling when it was confirmed that a sequel trilogy was in the works. The first of which – *The Force Awakens* – will be out in full force (pun intended) this month, and offers a backdrop set 30 years after the Battle of Endor. Rebels like Leia Organa, Han Solo and Chewbacca will stand against more powerful enemies, including the likes of the First Order's Captain Phasma and the mysterious Kylo Ren.

Premieres Dec 17 in cinemas islandwide.



ANANTARA SIAM BANGKOK

► The local guides working with this hotel hold your insider's key to enjoying the Thai capital's best-kept secrets for food, street shopping, city sights, cultural highlights, and river and canal tours. Staying at any of the three Anantara hotels in the city gives you access to these "gurus" (as Anantara calls them). But the rooms at the Anantara Siam and Anantara Riverside are where you would also find (included in your stay) a smartphone equipped with 3G data, interactive guides, local and international calls, and speed-dial contact with the hotel's front desk.

www.siam-bangkok.anantara.com



CARLTON CITY HOTEL

► Tucked within the historical district of Tanjong Pagar, this upscale business hotel is a viable getaway to help your body recharge. If you want bang for your buck, the executive rooms are worth considering – with sleek furnishings such as ergonomic Herman Miller chairs and branded posturepedic mattresses. Carlton Club rooms are available if you wish to enjoy exclusivity, with access to the Carlton Club Lounge, which offers privileges such as breakfast buffet service and evening cocktails with hors d'oeuvres.

www.carltoncity.sg

■ USEFUL YOUTUBE VIDEO OF THE MONTH

HOW TO CARVE A TURKEY

Lifestyle and food blogger Kaleb Wyse shares tips on carving that massive bird you may be having at your Christmas party. A sure-fire way to impress the ladies? You bet.



►► SEARCH YOUTUBE FOR:
The Gray Boxwood
OR LOG ON TO:
<http://bit.ly/1kPjKVL>

INTERNATIONAL PREMIER TENNIS LEAGUE

► Get to feast your eyes on tennis stars such as Novak Djokovic and Belinda Bencic, as they form part of the new-look Singapore Slammers in the second edition of this league. The competition is a team-based, multi-nation league format, taking place in five countries that include Singapore, Japan and India. The top two teams will battle it out to be crowned champion on Dec 20 in Singapore.

Dec 2 to 20, www.iptlworld.com





BE A MASTER OF THE FORCE

THE MOVIE MAY BE FROM THE 70S, BUT THIS GUIDE WILL HELP YOU SOUND LIKE AN EXPERT ON ALL THINGS STAR WARS.

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WHAT'S IT LIKE BEING A STORMTROOPER? CAN YOU SEE A THING IN THE HELMET? FIND OUT HERE.

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ALWAYS BEEN IN LOVE WITH LIGHTSABERS? HERE'S HOW TO CREATE ONE OF YOUR VERY OWN - IN JUST 72 HOURS!

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IF YOU'RE DYING TO VISIT SOME OF THE ICONIC WORLDS IN THE STAR WARS UNIVERSE, CHECK OUT THESE SPOTS.

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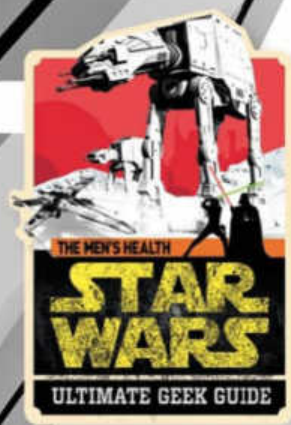
THREE COLLECTORS REVEAL THE MOST VALUABLE STAR WARS TOYS IN OUR GALAXY - AND HOW TO SPOT A GOOD BUY.

THE PERKS OF BEING A STORM- TROOPER

BURNING QUESTIONS FOR THE TWO LEADING
MEN OF THE OFFICIAL STAR WARS VILLAIN
FAN CLUB IN SINGAPORE.



TEXT KENNETH WEE
PHOTOGRAPHY MICHAEL TAN
PHOTO (BACKGROUND) 123RF



Cosplayers and casual onlookers will appreciate that the stormtrooper suit is more instantly recognisable and movie-realistic than any Jedi,

Sith Lord or *Star Wars* alien getup – probably second only to Darth Vader.

But what's it like wearing it? Can you see a thing in the helmet? Why dress up as the bad guys?

To find out, we asked Dominic Zou, 38, who owns the red magma stormtrooper suit pictured here (yep, they aren't all white), and Ron Chiang, 24, who wears the black suit ("It used to be white, then it turned yellow, so I had it painted," he reveals).

They fill, respectively, the Commanding Officer and Executive Officer positions of the Singapore "garrison" of the real-world 501st Legion, an international *Star Wars* costuming organisation in service of Darth Vader and Lucasfilm, but known for its volunteer charity work.

WHY DO YOU WANT TO BE A STORMTROOPER?

► **Dominic:** The stormtrooper is very iconic. It's one of the main characters, in the same sense that the music is one of the highlights of *Star Wars*. It's really nice when you see a whole gang of white stormtroopers lined up with Vader in front. Besides, the Empire seems to be very well funded. The Death Star blows up? Build a second one. While slaves are used to build them, along with the Empire's starships, stormtroopers are employees. I'm pretty sure there are good benefits.

► **Ron:** I'm here for the

friendship. I met the Singapore garrison at Comic-Con around seven years ago. Costume-wise, it's one of the easier ones in terms of assembly, fitting and wearing. You can go for Vader or Boba Fett, but it's going to cost you more time and money.

YOU DON'T SEEM LIKE BADDIES.

► **Dominic:** We dress up as the bad guys but do charity. Over the past couple of years, the 501st Legion has worked with Starwars.sg and Rebel Legion fan groups to channel money to KK Hospital, and we've just achieved our first \$10,000 – and an inscription on their

wall. It's very satisfying when you see simple things like a little kid reaching out to you instead of running away in fear of your costume.

► **Ron:** It makes your day anytime a kid smiles at you. It makes all the sweat and hard work worth it.

WHERE DO YOU GET THE SUIT?

► **Dominic:** There are many kit makers of stormtrooper suits, usually fans who live in a country like the US, with the right tools, resources and a big garage. You give them your height and size, they send the parts to you and you trim them to fit. Anyone can sign up to

join the 501st, but you will first need a costume that passes the inspection for accuracy. You don't have to get the white stormtrooper suit, but it's the most iconic.

► **Ron:** I started out as a white stormtrooper. When it turned yellow, I painted it black and became a novatrooper – a stormtrooper honour guard.

HOW DO YOU IDENTIFY YOUR BUDDY FROM THE REST?

► **Dominic:** When I first started, my cheat was to take note of the women folk who are helping them. For example, one of our minders, a Malay lady, is not going to put her hand under the chest plate of a guy unless it's her husband. After a while, you learn to identify people either by their suit, size or gait.

► **Ron:** It's true – most of our new guys can't tell one stormtrooper apart from the others. Older members know who's who from the way they walk and what their suit looks like.

WHAT'S THE DOWNSIDE OF BEING A STORMTROOPER?

► **Dominic:** When you go outside in a costume that has vision and movement issues, you'll always need a minder.

► **Ron:** If a stormtrooper falls over, he'll probably need help.

WHAT ABOUT GOING TO THE BATHROOM?

► **Ron:** You don't. You have to practically take everything off, so it's best to go before you suit up.



BUILD A LIGHTSABER IN 72 HOURS

HERE'S HOW WE CREATED OUR ONE-OF-A-KIND STAR WARS SPARRING SWORD THAT YOU SEE ACROSS THIS SPREAD.



The lightsaber may be the most famous of fictional weapons, with the possible exception of Thor's Hammer, thanks to Chris Hemsworth and The Avengers.

A 20th Century Fox survey of 2,000 film lovers in 2008 found the lightsaber to be the most popular weapon in movie history – which probably still holds true, considering the fan groups formed since then offer swordsmanship classes inspired by the duels of the *Star Wars* universe.

At the same time, this ultimate fighting accessory may be the only *Star Wars* memorabilia that you'd be

compelled to customise. After all, lightsabers are self-made by the Jedis and Sith Lords, each unique to the one who built it, and not bought like a wizarding wand from Diagon Alley.

To that end, we stopped by Sabermach (www.sabermach.com), a company that makes "combat lightsabers" to use in said swordsmanship classes. Here's what we learnt.

DAY 1

We're presented the six sleek sabre hilts Sabermach currently sells, one of which features a black angled blade shroud as a nod to Darth Vader's lightsaber, another features a flat blade "emitter" taking its cue from Obi-Wan's weapon, and a third is inspired by Mace Windu's

Jango Fett slayer. Ergonomics are taken directly from the Japanese katana.

We choose the Obi-Wan tribute as the base model to customise. And after half an hour or so at the drawing board, we arrived at a manly mace-meets-lightsaber design that's a nod to the energy swords used in the Old Republic era of the *Star Wars* expanded universe.

DAY 2

Machining starts. The hilt's body is cut from a single block of aluminium with a lathe (a metalworking machine with a rotating component). Then it is polished and sent for anodising to give it a lasting sheen, before slots are cut and holes drilled for fixtures like the power button and our

TEXT KENNETH WEE PHOTOGRAPHY CHARLES CHUA
ART DIRECTION ASHRUDIN SANI



PROVE YOURSELF WORTHY BY TAKING THE *MEN'S HEALTH* STAR WARS QUIZ AND WIN YOUR OWN LIGHTSABER FROM SABERMACH. GO TO WWW.MENSHEALTH.COM.SG/STARWARSQUIZ

mace's fins. The acrylic fins are cut by laser and then spray painted.

The "blade" is cut from a hollow, practically indestructible polycarbonate rod (the beam's colour is later determined by the LED that sits inside the hilt – staying true to the fictitious use of crystals to power a lightsaber), and screw threads are machined at the ends. This makes it easier to remove and stowaway the beam at Comic-Con.

With two people working on it, the entire process requires

at least six hours and years of engineering experience.

DAY 3

Assembly is done by hand. The fins are screwed in place, and the leather strips are glued on. Then comes the tricky part: securing the electronics (a glue-stick-size rechargeable lithium battery, a thumb-size LED unit, the power button and wires) inside the hilt. One of the makers says it takes him five minutes to do this. We took five tries and forever to get it right. But we did.



VIDEO Learn how to wield a lightsaber like the pros in our digital edition. Download *Men's Health Singapore* now on Magzter and Apple Newsstand.

Then it was only a matter of choosing our blade's colour and which side of the Force we're on. The result: a unique *Star Wars* weapon that will survive more battles and lightsaber envy than one gotten from Toys 'R' Us.

USE THE FORCE

FIGHT YOUR WAY TO STARDOM ACROSS THE STAR WARS UNIVERSE WITH THIS NEW ACTION VIDEO GAME.



Published by Electronic Arts, the all-new *Star Wars Battlefront* lets you join the Rebel Alliance or Imperial stormtroopers as they battle across exotic worlds, including Endor, Hoth, Tatooine and the unexplored planet Sullust. You will also have the ability to control characters such as Darth Vader, Luke Skywalker, Boba Fett, Leia Organa, Han Solo and The Emperor. Battle options range from larger 40-person competitive multiplayer to special missions that are played solo, with a friend via split-screen offline or co-operatively online. Plus, players will also get to experience the Battle of Jakku – the pivotal moment when the New Republic confronted key Imperial holdouts on a remote desert planet in the Outer Rim.

www.starwars.ea.com



A GALAXY NOT SO FAR AWAY

IF YOU'RE DYING TO VISIT SOME OF THE ICONIC WORLDS IN THE STAR WARS UNIVERSE, HERE ARE SOME AIRBNB SPOTS TO CHECK OUT.



Hoth

CRANS-MONTANA, VALAIS, SWITZERLAND

► It's okay, take your time to relax and unwind in the hot streaming jets of a jacuzzi while your eyes feast on the white tranquillity of endless winter. We promise you and your nine other like-minded Rebel friends there won't be any Imperial fleet raiding this part of Hoth – er, Switzerland – any time soon. But just in case you need to reach out to the other parts of the galaxy for reinforcement, the hosts of this luxury chalet have got you covered. They have Wi-Fi. Just pray the star destroyers aren't jamming the signal. And bring nose plugs, in case Han decides to stuff you into some tauntaun guts.

■ **STARS:** 4.9/5

■ **ACCOMMODATES:** 10 guests

■ **PRICE:** \$733 per night

www.airbnb.com.sg/rooms/784320



PHOTOS (LUGGAGE) MAXIM ZARYA/123RF & (STAR WARS CHARACTERS) AARON RAPPOPORT/CONRIS

Coruscant

NAKAGIN CAPSULE
TOWER, TOKYO

► Staying here, you'll expect to see speeders whiz past as you're looking out the window. Located in Ginza, this room allows you the rare opportunity to stay at the historical Nakagin Capsule Tower that was designed by Kisho Kurokawa in 1972. The building encompasses the Japanese Metabolism – a movement that is symbolic of the country's postwar cultural resurgence. Hmm, wonder if you can see the ruins of the Jedi Temple from there?

■ **STARS:** 4.1/5

■ **ACCOMMODATES:** 2 guests

■ **PRICE:** \$107 per night

www.airbnb.com.sg/rooms/1305889



Tatooine

DRAGONFLY DESERT RETREAT,
PIONEERTOWN, CALIFORNIA

► First things first: This is still Earth, so there isn't the sight of twin suns on the horizon. But the long journey through confusing dirt roads will definitely be worth it when you finally set eyes on the exquisitely vast views that span as far as you can see. This solar-powered desert paradise comes fully equipped with a pool, so you can wind down after a long day of exploring the many scenic nature trails surrounding the area. Thank goodness you won't have to farm for moisture like the Larses, eh?

■ **STARS:** 4.8/5

■ **ACCOMMODATES:** 6 guests

■ **PRICE:** \$137 per night

www.airbnb.com.sg/rooms/1062129



Sandcrawler

THE EARTHSHIP, TAOS, THE US

► No Jawas here, which might be a good thing, as the little scamps might try to sell your stuff. This completely-off-the-grid house catches its own rainwater, generates its own electricity and stays at a steady 22 deg C all year without the use of any fuel or electricity. Don't be alarmed though – it does come stocked with all the modern amenities: Wi-Fi, Netflix, refrigerator – it has got these all covered. If you're looking for a break from all things technology, just step outside and take a stroll along the beautiful New Mexico high-desert mesa and bask in the beauty of nature.

■ **STARS:** 4.9/5

■ **ACCOMMODATES:** 4 guests

■ **PRICE:** \$180 per night

www.airbnb.com.sg/rooms/1762491



Endor

ABIANSEMAL, BALI

► Go back to your nature-loving roots in a country far, far away (depending on where you stay, actually). There aren't any Ewoks here, but you're definitely welcome to get acquainted with the locals to learn more about their native rituals. This stunning and one-of-a-kind bamboo villa is set on a river valley landscape along Bali's sacred Ayung River.

It towers over the treetops to provide a bird's-eye view of your surroundings. It also serves as a vantage point to look out for AT-ATs. (Remember, the legs are the weak spots.)

■ **STARS:** 4.7/5

■ **ACCOMMODATES:** 9 guests

■ **PRICE:** \$467 per night

www.airbnb.com.sg/rooms/798483





TOY STORY

THREE COLLECTORS
REVEAL THE MOST
VALUABLE STAR WARS
TOYS IN OUR GALAXY.

TEXT KENNETH WEE • ART DIRECTION
ASHRUDDIN SANI • PHOTOGRAPHY CHARLES CHUA

MARK YE0, 40



LAWYER





“COLLECTORS
WANT A SET
BECAUSE IT’S
PART OF THE
EARLY HISTORY OF
STAR WARS.”

When George Lucas likened himself to a toymaker in the 1970s,

he wasn’t kidding. Toys were (and still are) a big part of the *Star Wars* universe. But he would never have guessed that the miniature *Star Wars* action figures released between 1977 and 1985 would be worth so much money today.

Right now on eBay, each of the 12 original figurines produced by the Kenner toy company (including Luke Skywalker, Princess Leia, R2-D2 and Chewbacca – the very first four that you see in this spread) can be picked up for tens to hundreds of dollars.

If still in the package, these so-called “12-Back” action figures – referring to the number of figures pictured on the backcard – can fetch something in the thousands (for a toy that originally cost \$2.90) or more if it’s also professionally boxed and graded, like the ones Mark collects.

“Five years ago, a complete 12-Back collection, in decent condition, would cost around \$3,000 to \$4,000,” he says. “Today, you’re looking at about \$15,000.”

Much of that value boils down to rarity and demand among collectors. “Most collectors want a set because it’s part of the action figures’ early history,” says Mark, who owns some of the priciest, highest-graded *Star Wars* toy collectibles in existence.

Then there are the rare finds for collectors, such as Mark’s hoard of wind-up R2-D2s (“Rumoured to have been Lucas’ favourite toy,” he says), multi-figurine sets, and a seven-figurine *The Empire Strikes Back* set (“I would never sell it”) – all part of a collection he estimates could be worth up to \$200,000.



LIM YEONG CHUN, 37

→ INTERNET ENTREPRENEUR

In August, an analysis by *The Telegraph* found Lego to be a better investment over the past 15 years than shares and gold. "Lego sets kept in pristine condition have increased in value 12 percent each year since the turn of the millennium," it noted. "The most popular type of Lego is *Star Wars*-themed, accounting for 10 of the 20 most expensive sets."

The Ultimate Collector's Millennium Falcon set is the most expensive. It sold for \$799 in shops in 2007 but is now worth over \$6,000 (unopened), according to Lego price guide Brickpicker.

"I got it at retail price six years ago," says Yeong Chun, "and I didn't consider it that expensive because of its size and detail. I just never imagined it would appreciate this much."

And he's not one to keep Lego unopened for the sake of investment. "Me and my wife, who's also a *Star Wars* fan, planned to display the Millennium Falcon in a coffee table," he explains. "It took us one week to build, and was great fun. I wouldn't sell it even if someone offered \$10,000, because it's a conversation starter when people come to our home."

Same goes for the Death Star II (currently worth about \$2,500, according to Brickpicker), which gets its own display box and spot on the top shelf in Yeong Chun's living room.

But what would he say to his son, who turns two in December, when he comes of Lego-playing age and eyes these sets?

"I haven't thought of that," he muses. "It helps that it's all encased; I'm hoping he'll understand these are Daddy's toys – no touching! Still, I can assemble it back. That's the beauty of Lego."

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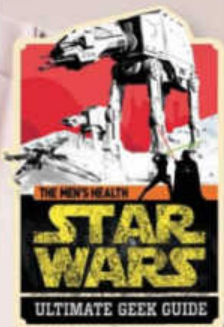
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GUY WISDOM

Earlier this year, a 1980s UK-issued action figure of Boba Fett, Darth Vader's bounty hunter in *The Empire Strikes Back*, fetched a record £18,000 (\$39,000) at Vectis Auction, the world's largest toy auction house.

It was the top performer of a 70-figurine old-school *Star Wars* selloff in the UK, which brought the toy collector approximately US\$63,209 in total (an average of US\$902.99 per figure!), according to the auction house.

Like the 12-Back collectibles, this is the result of the scarcity of specific figures. "Boba Fett is an interesting one," says Adrian, shown here posing with his vintage Boba Fett (estimated value: \$6,000) produced by Kenner in the US. "He's an obscure character who somehow gained a cult following. Almost anything Boba Fett is in demand."

And like *Star Wars* Lego sets, this is a fascinating phenomenon – likely gaining momentum from the highly anticipated *Star Wars: Episode VII – The Force Awakens*.

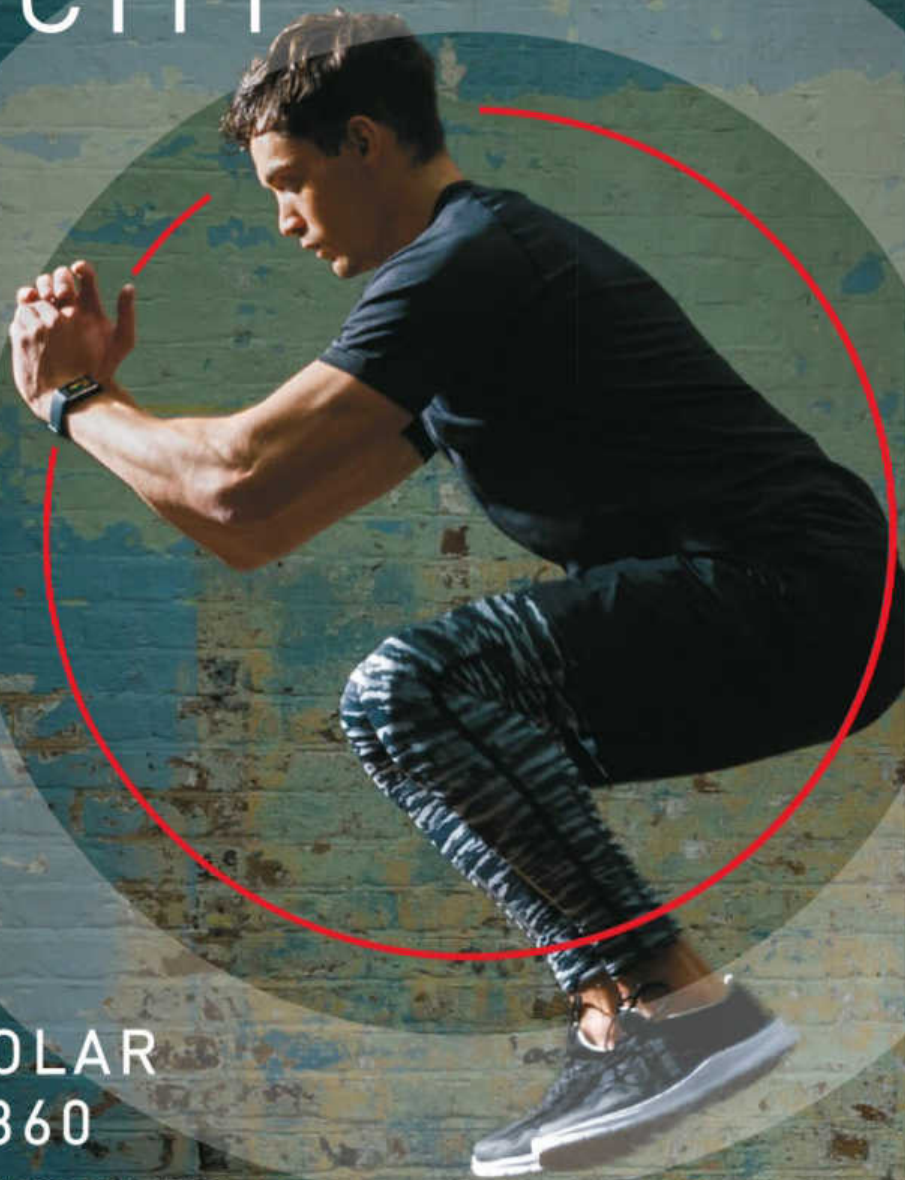
However, it is doubtful the modern era of *Star Wars* figures would offer such a financial payoff, notes Adrian, whose collection of over 3,000 pieces include loose playthings from his childhood, pricey vintage collectibles from before *Star Wars* figures went away in 1985, and modern-era figurines reintroduced by Kenner from 1995 onwards.

"The market of collectors has grown, all having the mentality of keeping toys in their packaging," explains Adrian. "The newer figures don't command the same value as vintage ones simply because supply outstrips demand."

ADRIAN GOH, 42

→ BUSINESS OWNER

ACCURATE SIMPLICITY



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POWERLIST



1



TRAVEL SIDEKICK

GET THIS: American Tourister Star Wars 28-inch Spinner.

READY FOR: Making heads turn at the airport. With R2-D2 plastered on this hardy luggage with single spinner wheels, you'll stand out from the crowd and possibly make some new friends (geeks and kids flocking to you). Looks aside, there's a large mesh pocket in the case's interior – allowing packing organisation – while cross straps help to keep the contents secure.

THE BEST PART: The spinner's extreme manoeuvrability lets you scoot around without wasting too much effort. *Star Wars*-branded zipper pulls and push-button handle reinforce your conspicuous status as a fanatic – which you are if you're already keen on getting this.

COST: US\$199.99 (\$280), <http://shop.americantourister.com>.



SITH STORAGE

GET THIS: Star Wars Darth Vader Ceramic Cookie Jar.

READY FOR: Chocolate chip goodness from the Dark Side. Whether it's a conversation starter or a geeky mantelpiece, this ceramic jar is a fabulous stowaway for cheat-day snacks. The rubber-sealed lid helps to prevent cookies from getting, uh, chewie, so rest assured that the Force is strong to protect the yummy ones.

THE BEST PART: It's officially licensed by Lucasfilm, which throws out the suspicion that this is a shoddy replica. Plus, they've probably made sure no heavy breathing can be heard. Probably.

COST: \$47, www.amazon.com.

2



3



MAKE TEA, NOT WAR

GET THIS: Death Star Tea Infuser.

READY FOR: Watching the Death Star sink. Although both first and second battle stations may have been destroyed, there's no harm dunking their tea infuser replica and re-imagining another deathly outcome. The Emperor may balk at the audacity of undermining his powerful creation – turning it into a household item – but we're sure he wouldn't mind some hot green tea to soothe his cold soul.

THE BEST PART: The shiny stainless steel ball cage is dishwasher-safe, and because of its size – larger than most tea infusers – you can pack in more loose leaves if you want a heavier dose.

COST: US\$19.99 (\$28), www.thinkgeek.com.



4

FORCE AMPLIFIER

GET THIS: Retro 80s Vader Toy Turned Boomcase.

READY FOR: Being the coolest kid on the block. There aren't many people who own a rechargeable boombox, which is basically what a Boomcase is. But what are the odds of owning a Vader toy turned into an almighty audio machine? Featuring a 50-watt amplifier, two flat mini sub woofers and one full-range speaker, get ready to blast *Star Wars* anthems on repeat, sustained by an 18-hour battery lifespan.

THE BEST PART: If you've got extra dough, chrome plating is available. You can even have customised add-ons with backpack-style shoulder straps and flashing lights in Vader's eyes.

COST: US\$645 (\$900), <http://store.theboomcase.com>.



5



BREAK NUTS

GET THIS: Star Wars Tie Fighter Nutcracker.

READY FOR: Cracking rebel nuts. The galaxy's favourite short-range assault craft has a second calling: to break your walnut's shell as you try to have easy access to the drupe's protein. Simply pop the quivering item into the central chamber and give the wings a twist, which will then send a threaded bolt into the shell. Cold, precise and powerful.

THE BEST PART: The nutcracker's an officially licensed product, and is made from high-quality solid steel. Apparently, it's forged from quanadium steel by Sienar Fleet Systems – giving you a touch of the Death Star's surface.

COST: £35 (\$75), www.thefowndry.com.



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6

FEED THE INNER CHILD

GET THIS: Kotobukiya Star Wars Lightsaber Chopsticks – Kylo Ren.

READY FOR: Eating in style (amid judgemental looks from family and friends). But would Kylo Ren – a member of the knights of Ren and a Dark Side follower – be too bothered by chopstick replicas of his crimson saber? Probably not. Still, there's nothing better than holding two lightsabers to pick up your food, although you should resist the urge to stab that slice of stir-fried beef.

THE BEST PART: The chopsticks feature a cross-guard saber hilt that will only be seen in *The Force Awakens*, which renders it that bit more exclusive.

COST: \$17.99, www.simplytoys.com.sg.





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7



MUSIC TO YOUR EARS

GET THIS: Star Wars First Edition On-ear Headphones.

READY FOR: Listening to John William's *Imperial March* in all its glory. These state-of-the-art headphones feature professionally tuned 40mm drivers that pump tunes into your ears with great clarity. Passive noise reduction aside, the headphones are equipped with oval-fit leather memory foam ear cushions for added comfort. It can also be folded into a *Star Wars*-embossed carry case.

THE BEST PART: There are four sweet styles to choose from: Boba Fett, Galactic Empire, Rebel Alliance and Stormtrooper. What's more, the easy-fold hinges are made to be ultra-durable.

COST: US\$199.95 (\$280), www.amazon.com.



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* Compared to the average performance of three leading competitors. Braking distance on wet road from 80km/h to 20km/h, measured by TÜV SÜD Automotive in December 2010; Tire Size: 255/40R19; Test Car: Audi A7; Location: Mireval (FR) & Garching (GE); Report nr: 76244706-1.

www.goodyear.com

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CAVE

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SCI-FI SHUT-EYE

THESE HIGH-TECH DEVICES
ENSURE THE MOST INTIMATE
PART OF YOUR HOUSE IS A
PLACE YOU CAN REST, RELAX,
RECHARGE AND MAKE PLANS
FOR THE FUTURE.

FAST FACTS

28

The amount
of skin cells (in
grams) we shed
each month on
the mattress
that dust mites
feed on.

Source: Dyson

PHOTOS (CYBERLADY) ARTEM POPOV/123RF & (BACKGROUND) ALEKSEI SYSOEV/123RF
ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SANI

1

DYSON V6 MATTRESS

Here are some thought-provoking numbers if you think your bed is clean: Up to 2.2 million dust mites can be living in one mattress, each producing 20 droppings a day. You do the math. With this handheld vacuum cleaner, those pesky mites will tremble at its power – a V6 digital motor that spins up to 110,000rpm, which is five times faster than a Formula One

engine and capable of capturing over 99.97 percent of particles as small as 0.3 microns.

■ **PRICE \$499,**
www.dyson.com

2

CLING MAGNETIC HANGER

If you have OCD, then these hangers will prove to be a neat trick – no more will you need to arrange hooks to face the same direction again. Embedded with neodymium magnets that can last up to 10 years, and strong enough

to hold around 1kg of weight, each hanger is made using durable ABS plastic.

■ **PRICE \$26-\$70,**
www.hangdsgn.com

3

LUNA SMART MATTRESS COVER

Turn your bed into an intelligent one by covering it with this affordable high-tech cover. Tapping on built-in sensors, it can track your heart and breathing rate, snoozing habits, as well as adjust the temperature to give

you an optimal sleep environment. There's even a smart alarm that identifies the moment of lightest sleep – waking you up without leaving you all groggy.

■ **PRICE \$330,**
www.lunasleep.com

4

LUNA

Proving to be quite a hit on crowdfunding site Indiegogo is this moon-inspired light fixture. Available in seven sizes, each fixture is made of fibreglass and

non-toxic latex – handcrafted and one of a kind. Besides being heat- and water-resistant, the object's luminosity can also be adjusted, turning your bedroom into a pleasant, soothing space for both reading and relaxing.

■ **PRICE \$105,**
www.luna-the-moon.com

5

SENSORWAKE SCENT ALARM CLOCK

The worst part of the morning is to be

jolted wide awake by an insane, screaming alarm clock. But it doesn't have to be this way – you can still get up with a smile on your face. Introducing the world's first olfactory alarm, rise and shine to your favourite (or not) scent – croissants, ocean and even money, just to name a few. Each scent is packed within one capsule, which can wake you up to 60 times. Smells good, we say.

■ **PRICE \$126,**
www.kickstarter.com

**PRODUCTS**

GUIDE
TO GEAR
2015

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CAVE

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WHEN TURNING YOUR HOUSE INTO A SUPER-SMART ABODE, IT CAN BE EASY TO OVERLOOK THE MOST SACRED OF SPACES: THE BATHROOM.

FAST FACTS

8

Litres of water produced per minute by a water-saving shower head. Old showers produce 19 litres of water per minute.

Sources: USGS Water Science School





1 KOHLER NUMI TOILET

If you've got some spare cash, this throne could be worth it. More than just a toilet with a retracting bidet, this dream pee pod incorporates a host of features such as ambient lighting, a built-in speaker system, as well as motion-activated lid and seat. There's even an air deodoriser and vents to keep your butt and feet warm.

■ **PRICE \$8,966,**
www.kohler.com/numi/

2 NEBIA SHOWER

Here's a good-looking high-tech shower head that could help you save on both water and energy bills. It taps on technology that helps to atomise water into millions of droplets, which means 10 times more surface area than your regular splash. Each nozzle is also created to produce the ideal water temperature

and pressure, while creating a steamroom-like experience.

■ **PRICE \$420,**
www.nebia.com

3 WATERPIK SHOWERPIK

If trying to jam bits of string in-between your teeth isn't your cup of tea, then you might like this version of flossing. The showerpik utilises water pressure and pulsation to remove plaque and bacteria – at the same time

massaging your gums while you're still standing in the shower. Need further convincing? It's clinically proven to be 50 percent more effective for improving gum health compared to string floss.

■ **PRICE \$98,** www.amazon.com

4 VESSEL HAMMOCK BATHTUB

This bathtub allows one to relax – to soak and escape from the world – as you

fiddle with the rubber duck that floats impassively by. But suspend and shape it like a hammock and you'll get double the pleasure. Made using carbon fibre, the tub is insulated by a foam core that keeps the water warm. Available in seven colours such as pink and black.

■ **PRICE TBA,** www.splinterworks.co.uk

5 LEFROY BROOKS BELLE AIRE FAUCET

Washing hands

will never be the same again. This retro-futuristic installation can define your bathroom's look and feel, standing out with its sleek spaceship design. It's probably one of the few pieces that people will pay attention to, and even snap a photo of. So whether you plan to have it in chromium plate, antique gold or silver nickel, it'll be the talk of your block.

■ **PRICE \$2,844**
-\$3,768, www.lefroymbrooks.com

PRODUCTS

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TO GEAR
2015

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YOUR MAN
CAVE

KITCHEN

CYBER CHIEF

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PICK
THE RIGHT
APPLE



► It's Christmas, and you might be thinking of getting your other half an Apple Watch, just so she'll stop missing your calls when her phone is in her handbag. But with so many colour and size options, which should you get? Men's Health did a survey with some female readers so you can do some savvy shopping.

60%

preferred the black option over the rose gold option.

60%

preferred the 38mm to the 42mm.

60%

liked a leather strap, 20% the rubber strap, and 20% the metal bracelet strap.

ART DIRECTION & DIGITAL IMAGING ASHRUDDIN SANI ■ PHOTOS (CYBERLADY) ARTEM POPOV/123RF & (BACKGROUND) ALEKSEI SYSOEV/123RF

1

**MIITO
INDUCTION
KETTLE**

This is one sustainable alternative to the electric kettle, which cuts down on excess water and energy usage. With this sleek induction tool, you can heat up your cup of tea and even spaghetti sauce to your desired temperature. Simply place the heating rod into your vessel of

choice and gaze in wonder.

■ **PRICE** \$140, www.miito.com

2

**BRUNO TRASH
CAN VACUUM**

Crumbs inevitably fall by the side when you try to dump cookie bits into the dustbin. However, with an inbuilt powerful vacuum at the bottom, this "smartcan" can suck whatever detritus you sweep into it. There's a

hands-free lid, a filter, as well as reminders to clear the trash.

■ **PRICE** \$210, www.brunosmartcan.com

3

PANCAKE BOT

Keen to have some pancakes that are shaped according to your doodle? Simply transfer your designs to this robotic pancake printer via an SD card, and it will print batter – using

a proprietary batter dispensing system – onto a provided griddle. It's not too far-fetched to have Death Star pancakes after all.

■ **PRICE** \$250, www.pancakebot.com

4

**ALESSI PULCINA
ESPRESSO
MAKER**

This quirky coffee pot is the brainchild of Michele de Lucchi, who through intensive research managed

to design the internal heater such that it would automatically stop filtering the coffee at the optimal time. A full, rich cuppa is guaranteed, without any burnt and bitter flavours from the final filtering stage.

■ **PRICE** \$110-\$170, www.amazon.com

5

**JUNE
INTELLIGENT
OVEN**

One of the smartest

ovens around, this high-precision machine can turn you into a better cook overnight. It can identify your food with its in-ceiling camera, weigh it and recommend a cooking program. You can even monitor your beef lasagna's progress via an app on your mobile phone, receiving notifications once it's ready. This way, you can entertain guests with ease. ■ **PRICE** \$2,100, www.juneoven.com

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TO GEAR
2015

UPGRADE
YOUR MAN
CAVE

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LIVING LARGE

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FAST FACTS

67

The percentage of Singaporeans who watch TV while eating, as compared to a global average of 76 percent.



Source: TNS Global



1

INOKIM LIGHT ELECTRIC SCOOTER

If you're looking to present an eco-friendly facade, having an Inokim Light lounging around certainly fits the bill. Built with a compact 12kg streamline body and small 8.5-inch tires for practicality and style, this scooter folds effortlessly for a quick carry. The Light's cabling is cleverly concealed within the body, giving it a sleek look.

■ **PRICE** \$1,599 for the standard version; \$1,749 for

the extended version, www.falconpev.com.sg

2

PLANTRONICS RIG 500HD GAMING HEADSET

Upgrade your gaming rig with immersive Dolby 7.1 surround sound and high-resolution audio support. The 500HD provides highly durable lightweight comfort for competitive challenges, and Dolby technology provides immersive directional audio. Perfect for long nights of playing the latest Arkham games on your Xbox without

waking up the rest of the family.

■ **PRICE** \$149, www.plantronics.com

3

PHILIPS FIDELIO B5 SOUNDBAR

But if volume isn't a concern, then ramp up the beats with the Fidelio B5. It offers the perfect solution for those looking for a stylish and authentic cinema experience at home. The sleek soundbar features a unique design that allows each end to detach, creating two additional independent wireless speakers

for a full surround sound experience. Each side speaker has an internal battery lasting up to 10 hours, charged when connected to the main unit.

■ **PRICE** \$1,699, www.philips.com

4

GLOWFORGE 3D LASER PRINTER

Don't be late to the maker movement. The new handyman is someone who can make stuff, not just fix them. Glowforge uses a beam of light the width of a human hair to cut, engrave and shape designs from a variety of materials – a

significant improvement on the usual 3D printers out on the marketplace. Even if you can't design stuff, that's not an issue: Choose a design from dozens of categories from Glowforge's website, like personal electronics, jewellery, toys, furniture, leather goods, lighting, containers, art and more.

■ **PRICE** Pre-order at \$3,353, www.glowforge.com

5

EPSON EH-LS10000 HOME THEATRE

PROJECTOR

The centrepiece of every guy's living room is usually the TV. But why not get a projector instead? Epson's latest offering is the world's first laser home projector with revolutionary 3LCD reflective laser projection and 4K enhancement tech. It's ideal for those who want to experience a true cinematic viewing experience within the comfort of their own environment. No need to pay inflated prices for a bottle of Coke or popcorn at cinemas if you've got this!

■ **PRICE** \$10,999, www.epson.com

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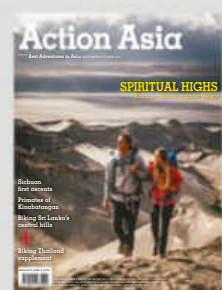
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THE HEAT FORCES MOST GUYS TO SHED LAYERS. WE'LL HELP YOU MAINTAIN YOUR LOOK - AND YOUR COOL.

Take your cues from the BBC's *Planet Earth*: The most popular colour trends this year echo the natural hues of the great outdoors, says Leatrice Eiseman, executive director at the Pantone Color Institute. Use the colour wheels on the next page to coordinate your clothing with the shades of the season.

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■ TEXT SANDRA NYGAARD ■ PHOTOGRAPHY MICHAEL TAN ■ ART DIRECTION PAULINE TAN
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MONOCHROMATIC

Similar versions of the same hue go together, and they can elongate your silhouette by creating an undisrupted sweep of colour. As a bonus, they're the easiest to combine.



COMPLEMENTARY

Opposite colours attract because they enhance each other by creating contrast. For instance, yellow pops when it's paired with purple.



ANALOGOUS

Think of these colours as close relatives – who actually get along with each other. One colour should dominate, while the other two shades should occupy smaller aspects of your outfit.

OPPOSITE COLOURS ATTRACT BECAUSE THEY ENHANCE EACH OTHER BY CREATING CONTRAST.



1 T-shirt, \$56.90,
→ www.topman.com

2 Sweater, \$85,
→ www.gap.sg

3 Bermudas, \$119,
→ www.timberland.com.sg

4 Round-neck cotton tee, \$130,
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5 Cargo bermudas, \$49.90,
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SG
50



F

From sweatshops to supercars, the luxury industry isn't well known for its social or ecological responsibility. A luxury is, by definition, the opposite of an essential. So who needs a conscience?

Well, the Swiss watch industry, for one. In fact, it's very ecologically sound. It's a localised cottage industry making tiny objects – the logistics barely amount to the odd van trundling in

the Jura Mountains. The Official Swiss Chronometer Testing Institute has also become the landmark site for certifying the accuracy and precision of watches.

"Luxury watches are made with minimal resources, in workshops where they recycle even their notepaper," says luxury watch designer Christoph Behling. "In the case of an automatic, it's powered by the movement of your arm, not a polluting battery. Plus it will live as long as you do."

TIMELESS QUALITY →

SWISS WATCHES MIGHT BE
CONSIDERED EXTRAVAGANT
BY SOME, BUT THEY'RE
BUILT TO LAST, AND GREENER
THAN YOU REALISE.

/TEXT ALEX DOAK & MCKEN WONG
/PHOTOGRAPHY CHARLES CHUA
/ART DIRECTION PAULINE TAN
/STYLING SHEH



----> When night falls, the **Luminox Navy Seal Colormark Nova** (\$637, www.crystalltime.com.sg, #1) is a beast. It runs on a Swiss Ronda 5030.D quartz movement and is capable of constantly glowing for up to 25 years. This is due to its proprietary Luminox Light Technology, comprising micro gas lights encased in tubes and independent of outside light sources.

Going for a sporty-looking ticker but unwilling to sacrifice elegance? The quartz chronograph powered **Gc-1 Class** (\$899, www.fjbenjamin.com, #2) from Gc Men's Sport Chic Collection is a conscious creation in marrying the rose gold case with blue genuine leather strap.



Sometimes, Swiss influence in wristwatches is a major selling point, reinforcing the credibility of timepieces that are not Swiss-made. **Shinola's The Runwell Chrono** (\$1,205, www.shinola.com, #3) is a quality example. Although assembled in the US, the chronograph ticker's Argonite 5021 movement is hand assembled with 84 Swiss-made components. Furthermore, it's also guaranteed for life.

A variant automatic is the limited edition **Edox Geoscope North Pole** (\$6,206, www.crystalltime.com.sg,

#4). With only 300 pieces available, this timepiece was first launched in 1970, and spots an impressive inner bezel with 24 divisions and a planisphere dial.

On the fashion front, the **Swatch On Your Mark** (\$167, www.swatch.com, #5) is your go-to piece when you want to let your hair down with a ticker that fits the occasion – like a foam or pool party, or both. Don't worry: Its 3-bar water resistance can take the plunge.





GALLERY

Hit our digital edition for more recommendations on Swiss watches. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

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AUTOMATIC
IS POWERED
BY THE
MOVEMENT OF
YOUR ARM, NOT
A POLLUTING
BATTERY. PLUS
IT WILL LIVE
AS LONG AS
YOU DO."



← But what if you're a non-conformist? Then the **Azimuth Back in Time Whiskey** (\$2,300, www.redarmywatches.com, #1) offers just that. The ticker is the world's first Swiss automatic single-hand watch with anti-clockwise movement, spotting a whiskey-coloured dial and protected by a domed sapphire crystal lens.

Swiss watchmakers have a good track record when it comes to giving back. Take **Victorinox's** development of recycling plants in Switzerland for grinding sludge. Waste heat from the production plants is used to heat 120 homes nearby – a handy survival element during harsh winters. The brand's **I.N.O.X Paracord** (\$950, www.fjbenjamin.com, #2) also reflects its

belief in functionality. It's equipped with a special hand-woven paracord bracelet that can be unwoven during emergencies.

Moving on to hand-wound movements, you can find a quite impressive calibre – the Unitas 6497 – in the **Tissot T-Complication Chronometer** (\$2,380, www.tissot.ch, #3). It's been refinished exclusively for the brand, with a movement that gained fame from powering pocket watches.

Tapping on its rich watchmaking heritage, the **Longines Twenty-four Hours Single Push-piece Chronograph** (\$6,360, www.longines.com, #4) is a classic example of a self-winding Swiss watch – featuring a single push piece and column-wheel

chronograph mechanism. Armed with a 54-hour power reserve, longevity is assured.

If you're looking for a 1920s retro wrist buddy, then plump for the **Choisi 1929 GT 96** (\$1,300, www.redarmywatches.com, #5) – embedded with a vintage FHF 96 calibre and paired with calf leather straps for a dose of old-school chic.





GUESS THE CAR OF THE YEAR 2015!

Torque magazine, together with *The Straits Times*, will select the best new cars of 2015 in the collaborative *ST-Torque Awards*, which is Singapore's most authoritative editorial recognition of vehicular excellence.

The selection is based on a robust voting system that is the gold standard for local automotive awards, and the nine judges on the jury are the most respected in the industry, with over 150 years of collective experience in motoring journalism.

The new car with the highest score will emerge as *The Straits Times Car Of The Year 2015*.

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The Straits Times Car of the Year 2015 will be revealed in the 2016 January issue of *Torque*. Grab a copy to find out if you have guessed correctly!



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3



4



5

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**Wankhede, S., et al., 2014. "Beneficial effects of fenugreek glycosides supplementation in male subjects during 8-weeks of resistance training program: A prospective, double-blind, randomized, placebo controlled, pilot study." Journal of Sport and Health Science.

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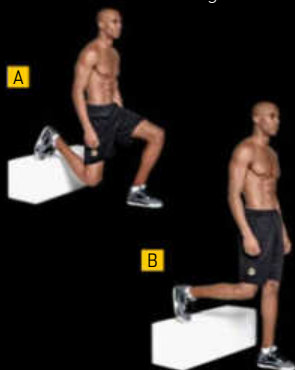
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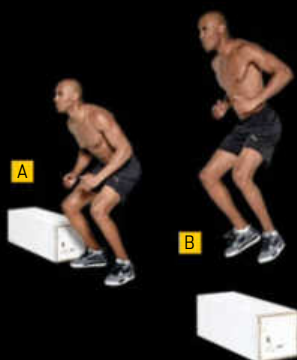
1 BULGARIAN SPLIT SQUAT 4 sets of 10 reps each side

Place your right foot on the box behind you. The higher your foot, the tougher this will be. Bend your left knee and flex at the hips till your right knee brushes the floor **(A)**. Drive upwards to the start position **(B)**. Counting in a comical accent is not encouraged.



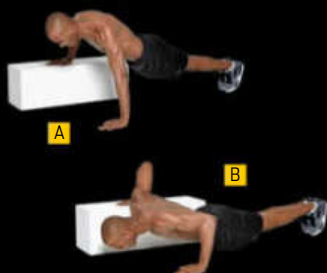
3 LATERAL BOX JUMP 3 sets of 20 reps

Hip flexors are key to multi-directional movement – that is, any sport. Stand next to the plyo box, about 15cm to 25cm away. Drop into a quarter squat **(A)**, then spring up and to the side, knees high **(B)**, so you land safely on the surface. Reverse.



2 MULTI-LEVEL PRESS-UP 4 sets of 12 reps each side

In the press-up position, place your closest hand on the box **(A)**. Lower your chest towards the floor by bending at the elbows **(B)**, then use your chest and triceps to extend your arms explosively. You'll thank us when one-arm press-ups come easy.



4 RUNNING TAP 3 sets of 30 seconds each side

Face the box and lift one knee up to your chest. Tap the ball of your foot on top of the box **(A)**. Return it to the floor while lifting your other leg, tapping with your other foot **(B)**. Do this as much as you can in 30 seconds, then take a 60-second break.



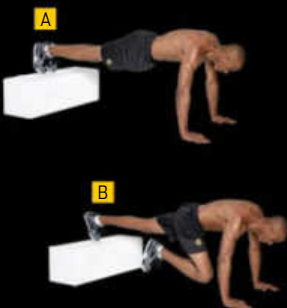
THERE ARE FEW PIECES OF KIT THAT CAN MATCH THE SIMPLE PLYO BOX FOR DURABILITY, AND EVEN FEWER BODYWEIGHT MOVES THAT CAN'T BE UPGRADED WITH ITS HELP. THIS ROUTINE COMBINES

MUSCLE-BUILDING STAPLES WITH PLYOMETRIC MOVEMENTS FOR SIZE AND POWER IN EQUAL MEASURE. PERFORM TWICE A WEEK TO MAKE LEAPS AND BOUNDS IN YOUR PERFORMANCE.

5 ELEVATED KNEE TOUCH

3 sets of 12 reps each side

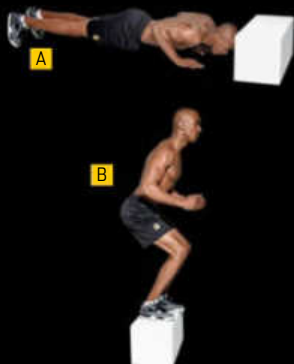
In the press-up position with feet resting on the box (A), keep your core braced and draw your left knee forward to touch the back of your left elbow (B). Slowly return.



6 BURPEE BOX JUMP

4 sets of 20 seconds, rest 10 seconds

Place your hands on the floor and legs in a press-up position (A). Hop your legs in, come up into a shallow squat and use your arms to propel yourself into a box jump (B).



7 TRICEP DIPS

3 sets of 12 reps

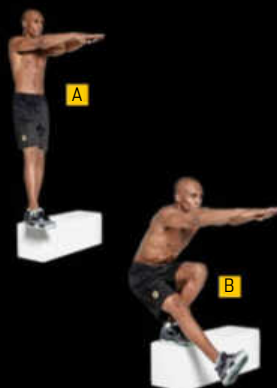
With hands on the box behind you, stretch your legs out in front (A). Lower your glutes to the floor by bending at the elbows (B). Squeeze your triceps to push yourself up.



8 PISTOL SQUAT

4 sets of 10 reps each side

Hang your right foot over the side of the box (A). Bend your left knee, raising your right leg. At 90 degrees, squeeze your hamstrings and glutes to return to standing (B).



9 PIKE PRESS-UP

3 sets of 8 reps

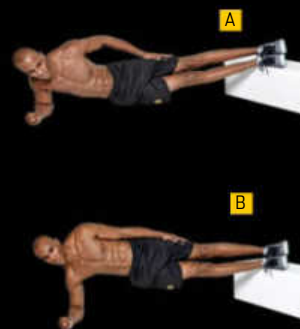
Pivot back at the hips so your glutes are raised and your arms form a straight line with your spine (A). Bend at the elbows and lower your head to the floor (B).



10 DECLINE SIDE PLANK

2 sets of 20 seconds each side

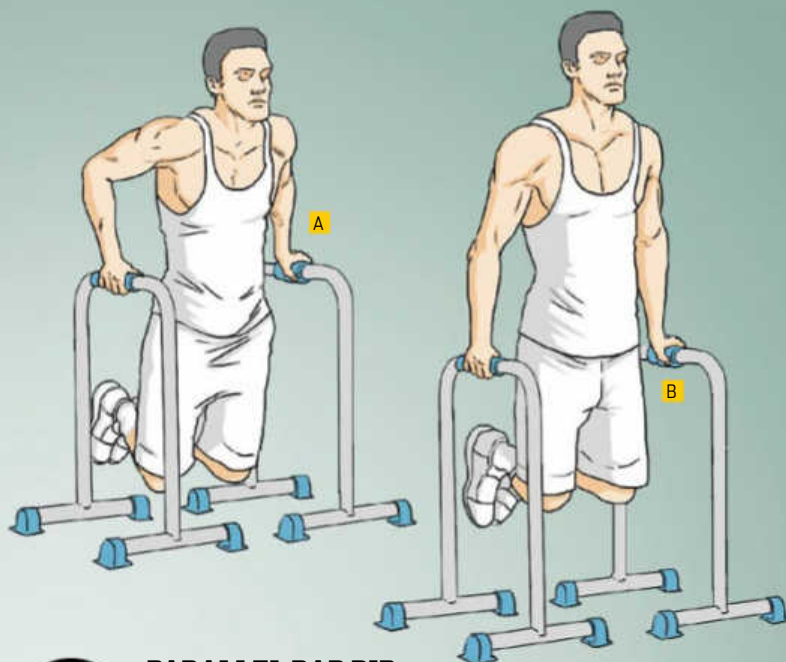
Just one more bridge. Lie on your side and stack your feet on the box. Prop yourself up with your elbow (A) and squeeze your glutes to raise your hips (B). Hold for 1 minute.





GYM-FREE MUSCLE

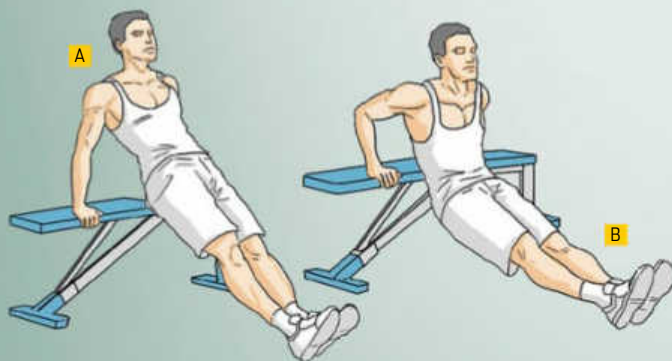
YOU DON'T NEED HOURS ON THE GYM FLOOR TO BUILD BIGGER ARMS IN A HURRY. THE FOLLOWING BODYWEIGHT MOVES WILL WORK YOUR STABILISERS MORE ORGANICALLY, GIVING YOU SOLID, MORE DEFINED ARMS.



1 PARALLEL BAR DIP

► 3 SETS OF 6 REPS

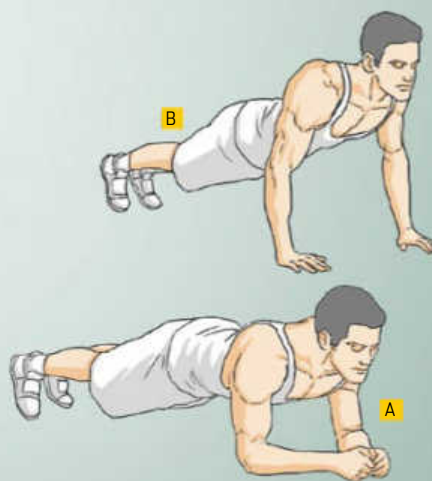
Dips hit all three heads of the triceps while your biceps act as stabilisers. Use bars if you have them, chairs if you don't, and take hold with palms facing inwards. Keeping your arms locked out, let them take your weight as you cross your feet behind you, then slowly lower your body until your elbows form a 90-degree angle (A). Keep them tucked in for the full effect. Exhale as you push up explosively to extend your arms (B).



2 TRICEPS BENCH DIP

► 3 SETS OF 12 REPS

Done correctly, this beginner's move can produce impressive results, targeting the long head of the triceps for rapid gains in size. Position your hands on the bench shoulder-width apart and stretch your legs out in front of you. Straighten your arms to take the strain of your bodyweight (A), then slowly lower your glutes towards the floor by bending your elbows. At the bottom of the move, squeeze your triceps (B) and push back to the start.



3 ACTIVE PLANK

► 2 SETS OF 30 SECONDS

Set up in a plank position with your arms bent and weight resting on your forearms. Your body should be straight from head to heels (A). Place your right hand flat and push off so your arm is fully extended, then take the strain of your upper body on your supporting arm as you extend your left arm and place your left hand flat (B). Reverse the process to return to the bent-arm plank position, and repeat. You'll hit your arms from all angles as they hold your shifting mass.

The Tigerair logo, featuring the word "tigerair" in a white, lowercase, sans-serif font. The dot above the 'i' is replaced by a stylized orange tiger head profile.

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[^] inaugural flight date and flight schedule are subject to regulatory approval.



HOW TO BE

A FITNESS HIPSTER (WITHOUT LOOKING LIKE A TOOL)



BLAZING A TRAIL IN THE FITNESS WORLD IS A TRICKY BUSINESS. GET IT RIGHT AND YOU BECOME A UNIVERSALLY ADMIRERED HEALTH GURU. GET IT WRONG AND YOU LOOK LIKE THE KIND OF GYM BRO IN NEED OF A PUNCH. MEN'S HEALTH IS HERE TO KEEP YOU ON THE RIGHT SIDE OF COOL.

TEXT DAN MASOLIVER



Times change. Not too long ago, health and fitness was a niche. Now it's most definitely a thing. A cool thing even. And when something becomes a cool thing, it becomes big business – one worth £4.3 billion (\$9.3b) in the UK alone.

Driving this rapidly bulking industry is the fitness hipster. You'll find him in Brooklyn, London or Singapore, sipping on a bottle of charcoal water, right at the point where fitness and fashion collide.

Dressed in black compression tights and a deep-cut vest, he was doing yoga back when it was just for mums, and making his own chai and almond milk lattes before Starbucks cottoned on.

And despite our better instincts, we salute him. Because for this guy, it's not enough just to follow the crowd; he needs to set the agenda in kit, classes and culinary discoveries. Without him, we wouldn't have quinoa in our cupboards,

bamboo threads in our gym bags or tabata in our exercise armoury.

But the problem with being an early adopter is that you run the risk of getting it wrong. Really wrong. And suddenly your beard doesn't look quite so hip.

This, then, is a manual for the right kind of fitness hipster. One who is ahead of the game. One who knows where to draw the line between useful trends and passing fads. And one who doesn't look like a tool.



UPGRADE YOUR LIBRARY

BELIEVE IT OR NOT, SOME HIPSTERS READ. THESE AUTHORS HAVE SERIOUS CACHET, BUT THEY ALSO KNOW THEIR ONIONS.

UPWARD MOBILITY

■ ***Becoming a Supple Leopard* by Dr Kelly Starrett**

Dr Starrett is the rock star of foam rolling (no, really). This detailed tome contains the keys to unlock your athletic potential – and with pictures, thankfully.

MANNSCHAFT MENTALITY

■ ***Every Day is Game Day* by Mark Verstegen**

From the founder of Exos, which drills the German national football team. Mark fosters the mindset, nutrition and recovery of a winner or 11.

ROUTINE PURCHASE

■ ***Fat Loss Happens on Monday* by Josh Hillis with Dan John**

Strength coach nonpareil Dan teams up with waist management specialist Josh to reveal unlikely hacks such as shopping at the start of the week.

ALPHA KUDOS

■ ***Natural Born Heroes* by Christopher McDougall**

The man who brought barefoot mainstream says that the ancient Greeks got there first for every fitness hack going, from movement to high-fat diets.



PHOTO COREY JENKINS/CORBIS

KNOW THE LINGO

THE FITNESS HIPSTER ISN'T ALWAYS AS DUMB AS HE SOUNDS – TALK THE LINE BETWEEN THE ARGOT WORTH KNOWING AND THE MERE MUMBO JUMBO.

► MET-CON

Short for metabolic conditioning – exercises that force your muscles to work harder than normal, increasing the storage and delivery of energy.

■ **USE IT** “You’re doing met-con today? Well, I was doing Fartlek

training while your fitness guru was still Mr Motivator.”

► FAT-BURNING ZONE

Popularised by Ironman trainer Phil Maffetone, by exercising at low intensity over long distances, you teach your body to

consume fat, not carbs, as fuel.

■ **USE IT** “After reading Chris McDougall’s *Natural Born Heroes*, I’ve slowed my training runs down to get in the fat-burning zone. It’s shaved minutes off my marathon time.”

► MUSCLE CONFUSION

A technique pioneered by the smash-hit home fitness DVD P90X, which introduced unstructured workouts to beat performance plateaus.

• **USE IT** “No wonder your gains



MOVE WITH THE TIMES

THERE ARE SUCH THINGS AS TRENDS WITH BENEFITS. RECLAIM THE MOST EFFECTIVE EXERCISES FROM THE GYM-CLASS COWBOYS, SAYS PERSONAL TRAINER TIM WALKER.

THE TREND CROSSFIT: BOX JUMP

This plyometric move has helped many athletes boost their speed and power by pushing fast-twitch muscle fibres to their limits – but only when used sparingly.

Your move

Shoot for 3 to 4 good high leaps, not 20 cardio-style Crossfit hop-ups. Deploy them as the second component in a heavy-squat superset.

Perfect form

In front of a thigh-high box, dip into a semi-squat and tense up. Drive through your legs to jump with both feet, landing on the box in a squat.

Stand, drop down, repeat.

THE TREND CALISTHENICS: L-SEAT

This originates in gymnastics and its strength benefits are functional without being prohibitively difficult.

Your move

You've probably witnessed an Instagram "barman" bust an L-seat – in a clear misuse of kids' playground apparatus. It's far better deployed as an abs finisher.

Perfect form

Either grab a pull-up bar, or find some Olympic rings if you're feeling heroic, and raise your legs, keeping your core tight. Hold it for 10 to 20 seconds.

THE TREND TACFIT: LEG SWOOP

Designed around police and Special Forces training – but it's really little more than a group circuits session – Tacfit can be performed poorly without supervision.

Your move

Under the eye of an expert trainer, the leg swoop is the bodyweight move par excellence. Nail the form and deploy as part of a bodyweight circuit.

Perfect form

On all fours, raise your knees from the ground. Drop your hips and swing your torso to kick your right leg under your left side, then alternate sides with each rep.

THE TREND ROWFIT: ROWING

It has had a renaissance, thanks to a new class in New York City touted as the next Barry's Bootcamp.

Your move

The aim should be good form under control, not whipping your body around in time with high-tempo tunes for 40 minutes. Learn the technique, and apply for strong 10-minute bursts of effort.

Perfect form

Your legs should be doing all the work. Think of your hands and arms merely as hooks, while you keep your core tight and drive through each stroke.

BUILD YOUR FAD DIET

KALE CHIPS? OVER IT. USE OUR GUIDE TO DESIGN A VOGUEISH PLAN THAT'S ACTUALLY EFFECTIVE.

1 CHOOSE A CATCHY NAME

A word that people generally associate with health and fitness is perfect, even if it's not connected to your plan. Just ask the Warrior Diet or Paleo guys.

MH suggests

The Lean & Green Diet

your red plate (*American Journal of Preventive Medicine*) and big fork (University of Utah) have both been proven to reduce your calorie intake.

■ **MH suggests** Don't eat after 8pm (*Obesity*)

2 VILIFY A FOOD GROUP

It's simple: Just cut back on carbs. In a year-long study published in *The Annals of Internal Medicine*, subjects on a low-carb programme lost three times more than those on a low-fat plan.

MH suggests

No refined carbs

5 NOW TELL ABSOLUTELY EVERYONE

Social media should be your soapbox: US researchers say every 10 updates will motivate you to achieve an average extra 0.5 percent weight loss.

MH suggests

Share a photo of this post-gym meal: salmon with tender stem broccoli, green beans and spinach

3 ADD A RULE (OR TWO)

Shout about the ingenious and "crazy" rules of your new plan. Only eating off a red plate, say. Or using a big fork. The more the merrier, as long as they are relatively simple to execute.

MH suggests

Both the above

6 ABANDON YOUR DIET ENTIRELY...

and restart. *The International Journal of Obesity* found that consistently changing your plan will stop your fat-burning levelling off. And as soon as other people are following your diet, it will be far too mainstream for you anyway.

MH suggests

The Raw Power Diet

4 USE SOME SCIENCE

You need actual science. Happily,

have stalled. You've been doing the same workout for two months. Switch up the sets and reps. Muscle confusion will totally reboot your bulking."

► CATABOLIC

The process where the body breaks

down muscle instead of building it, which occurs when you over-exercise or under-eat. However, it's much harder to achieve this process than people think.

■ **USE IT** "You've given up cardio because you're

worried about going catabolic? Come on, three sessions a week won't do you any harm."

► WOD

Workout Of the Day is an acronym used by Crossfitters to describe exercise routines carried

out in a spartan (but nevertheless very expensive) gym space – like a box.

■ **USE IT** "Did you hear that guy refer to his workout as a WOD and his gym as a box? What a douche."



LOOK THE PART

DON'T SETTLE FOR STYLE OVER SUBSTANCE WHEN YOU CAN HAPPILY HAVE BOTH, SAYS MEN'S HEALTH ASSOCIATE EDITOR JAMIE MILLAR.

HEAT YOUR WHEELS

■ Fixies are okay for East Coast towpaths. But the fitter hipster prefers to follow in the pedal strokes of Tour de France riders, with a carbon-fibre frame as strong as it is light – ideal for sportives, or cobbles on your way to work. It even comes in on-point monochrome black like the Canyon CF SLX.

PULL THE WOOL

■ If the idea of training in wool leaves you feeling cold, that's the point. Merino wool is, in fact, best used as a thin training layer, as it wicks away sweat super quick and keeps you cooler than regular tees. Don't be a sheep. Wear one.

SHOOT FOR BAMBOO

■ Cotton from bamboo is formed from sustainable materials with antibacterial and heat-controlling properties. It does what your high-tech performance fabrics do, without the need for textile cross-pollination. #smug



TIME AT THE BAR

MIKE FITCH, FOUNDER OF GLOBAL BODYWEIGHT TRAINING, WANTS RESPECT FOR #CALISTHENICS

■ I'd just warmed up with some handstands at a popular street workout spot when one of the locals noticed my skills. "This one's for you," he yelled as he pulled a 360 muscle-up. He missed the bar completely – and hit the ground with a thud. Is this what calisthenics has become – a gymnastic pissing contest?

There's no doubt that bodyweight training is in the spotlight, with an explosion of epic online videos. With enough time and tenacity, you might actually achieve these moves, or something resembling them.

But beware skipping from noob to ninja without owning each of the 10 or so progressions along the way. Not letting your muscles adapt is just setting you up for serious injury. The same goes for your connective tissues and deep stabilisation systems.


That superhuman skill you just "liked" on Instagram may take a year to accomplish. Are you willing to put in the time?

Until then, stick with the basics: Clean press-ups, dips and pull-ups will always earn respect. After that, find a few guys (or videos) to show you the progressions. You've only got one body – learn how it works and how to use it.

■ PHOTO: RAMON ESPELT/CORBIS

THE COOLEST BREW

CHILL YOUR CAFFEINE FIX, SAYS MATTHEW ROBLEY-SIEMONSMA FROM LONDON'S TAP COFFEE.

 No longer does the hipster risk a scalding by drinking his coffee before it has had a chance to cool. Cold brew has a variety of benefits over hot brews – it contains more caffeine, and reduces your body temperature for a

shot of extra endurance, according to research in *Medicine & Science in Sports & Exercise*. So, chill out and muscle up.

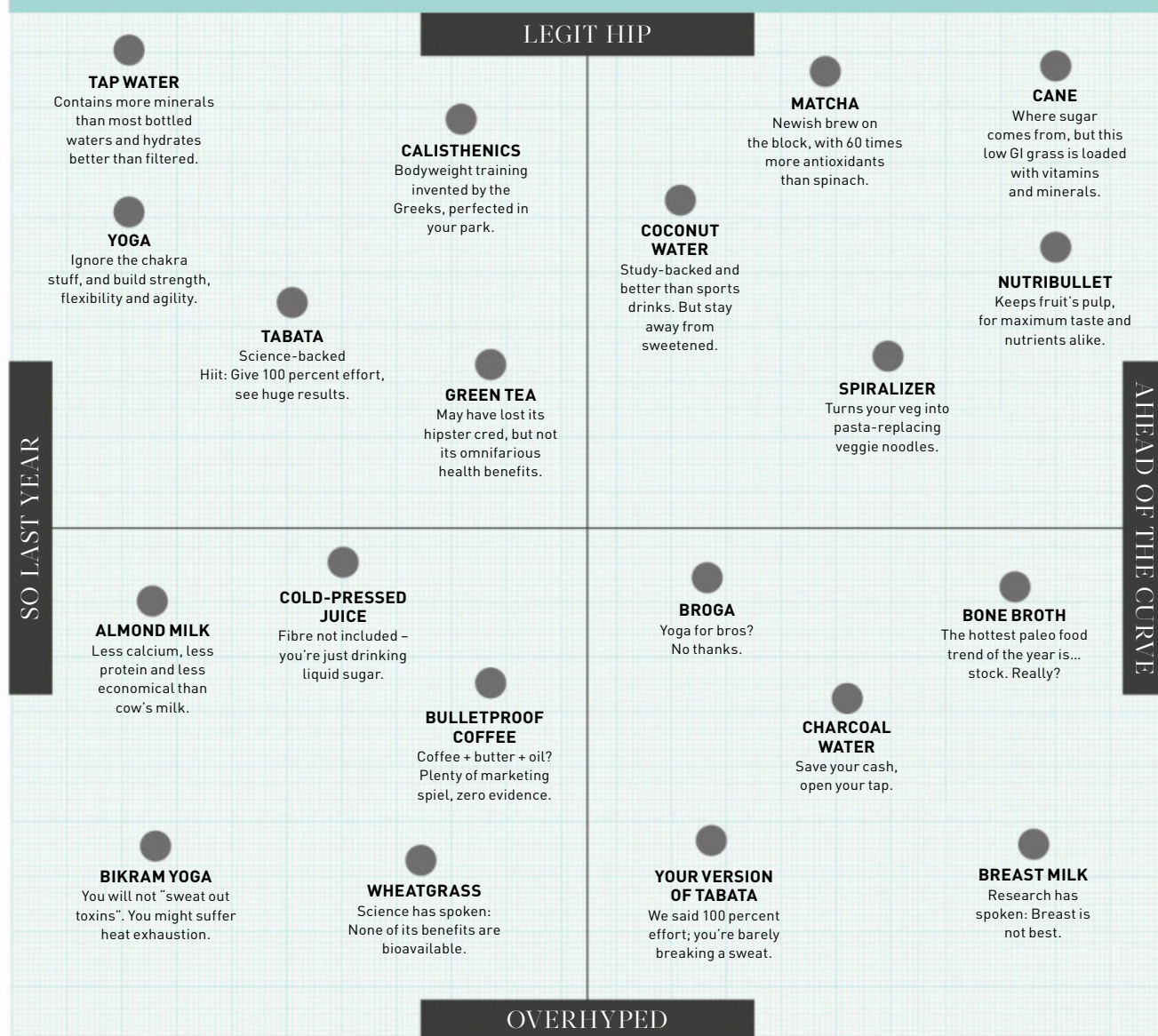
GROUND ZERO

Steep 200g of coarsely ground coffee in 2 litres of

water for 12 hours. Strain through a cheesecloth to avoid getting grounds in your handlebar moustache. Mix one part cold brew with three parts milk for all the whey protein of your morning shake.

ENTER THE FITNESS MATRIX

THINGS MOVE FAST IN HIPSTERDOM – CHECK OUR CHART TO ENSURE YOU'RE ALWAYS ON POINT.



THE FITTEST
WOMEN ON
Instagram



BUILD UP YOUR BASE

PRO WAKEBOARDER SASHA CHRISTIAN GIVES THE LOWDOWN ON HOW TO EAT WAVES FOR BREAKFAST.

For those who've followed the Sea Games this year, Sasha Christian delivered a glorious stand-up pass – wakeboard lingo for completing tricks without falling – and took home the gold medal.

She made her routine look effortless. But that's the crux of the matter: It isn't.

Those fancy-schmancy moves performed on water is a result of hours of hard work and training on land.

"Wakeboarding is a sport that uses plenty of explosive power, relying heavily on one's upper body and core strength," says the 22-year-old Red Bull ambassador. "But you need to have a base to build on, and this is why gym sessions are important."

"I had a gym trainer and it was crucial – ensuring that you don't do the wrong exercises and risk getting injured. After you've worked on building a solid fitness base, it'll be easier for you to move on to other routines."

Sasha also realised that spending hours at the gym has other benefits besides improving her performance. "I have some problems with my left knee, and my legs were actually quite weak," she says. "Working out at the gym has helped to strengthen them and protect me from injuries."

Besides, I do feel that my efforts on land will be translated back onto the water, and as a result, I've become a better wakeboarder."

Of course, wakeboarding isn't all about strength and power. Sasha likes that her reflexes have improved because she's been tested in various situations.

"I've learnt to react better when I approach different types of waves," she says. "But it's how you recover from not doing a perfect trick that's crucial."

Like many fitness enthusiasts, she's a keen advocate of training schedules that mixes things up. "I love circuit training, and each time I enter the gym, I try to do something different."

"For example, I will do upper-body exercises on Mondays, and then lower-body sessions on Wednesdays. Often I'll keep a lookout for new exercises online, attend adult gymnastics classes and learn strength techniques that I never knew existed."

Speaking of circuit training, the sports buff will find time to combine various routines when she's at home or travelling. On the right, she has recommended four basic bodyweight moves that can help you build up the rock-solid foundation you've been longing for. Perhaps some wakeboarding after this?

TEXT: MCKEN WONG ■ PHOTOGRAPHY: TAN WEI TE ■ ART DIRECTION: ASHRUDDIN SANI ■ STYLIST: NAOMI THAM
HAIR: RIE MURA/INDIGO ARTISANS USING L'ORÉAL PROFESSIONAL ■ MAKEUP: RIE MURA/INDIGO ARTISANS USING SHU UEMURA
ROMPER: MANGO ■ TASSEL NECKLACE: CHARLES & KEITH ■ BOOTS: FOREVER 21 ■ LACE BRALETTE AND SOCKS: STYLIST'S OWN



USERNAME

▶ @sashizuu

OCCUPATION

▶ National Athlete

FOLLOWERS

▶ 4511

SPECIALTY

▶ Wakeboard, Waterski

POWER CIRCUIT

SASHA'S BODY-WEIGHT CIRCUIT TRAINING IS A TIME-BASED ROUTINE THAT PROMISES TO TORCH CALORIES AND MAKE YOU SWEAT. PERFORM EACH MOVEMENT FOR 45 SECONDS, AND THEN REST 15 SECONDS. DO IT 3 TIMES. REST FOR A MINUTE BEFORE PROCEEDING TO THE NEXT MOVEMENT.



01 DIPS

▶ With a bench behind you, place your palms on it, shoulder-width apart. Point your toes in front of you and rest on your heels. Bend your elbows to lower yourself and then push back up. Sasha likes dips because she can modify it. "If you want to make it more difficult, put weight on yourself. And if you want to make it easier, bend your knees so you've got less weight on your triceps," she says.



02 MOUNTAIN CLIMBERS

▶ Assume a push-up position with your arms straight. Lift your right foot and raise your right knee close to your chest. Touch the ground with your right foot, return to the starting position and repeat with your left leg.



03 SIDE PLANKS

▶ Lie on one side with your legs straight, and prop up your upper body on your forearm. Raise your hips so your body forms a straight line from ankles to shoulders, and hold. Your head should stay in line with your body. Planks are really good for stability of your shoulders as well as the core.



04 PUSH-UPS

▶ When Sasha's training hard, she can do about 20. That's 3 sets of 20.



GALLERY See more of Sasha Christian in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

GIVE YOUR FITNESS A WHOLE NEW SPIN

DEVELOP MMA STRENGTH AND STAMINA WITH THE ABS TO MATCH USING THE CAGE WINDMILL. THIS FIGHTER'S MOVE WILL GIVE YOU A KILLER PHYSIQUE IN NO TIME.

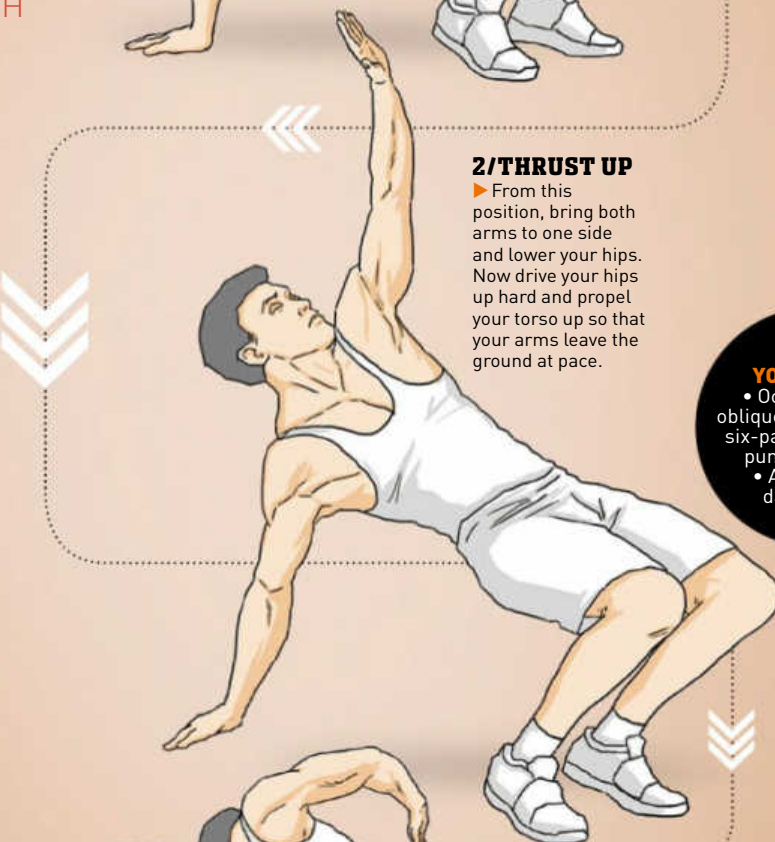
If your progress towards a better body has already become a little static, it's time you introduced a twist into your regime. Born out of mixed martial arts training techniques, the windmill offers the perfect

workout combo – providing functional fitness gains as well as a huge physical response from your muscles. This results in a bigger but leaner body that packs a performance punch, too. But the pay-offs don't stop there. Your obliques (the muscles that bookend your abs, rounding off your midriff) are forced to move your entire body in a rotation. These control everything from your punching power to your golf swing, so you can make it to the final round in either discipline. For a knockout physique and a slick move to turn around your fitness levels, get down on the floor for this spin class with a difference.



1/SET UP

► It's worth noting that an easy move this ain't. You need to stay sharp and explosive from the get-go. Begin the set on the floor, then rise onto your arms.

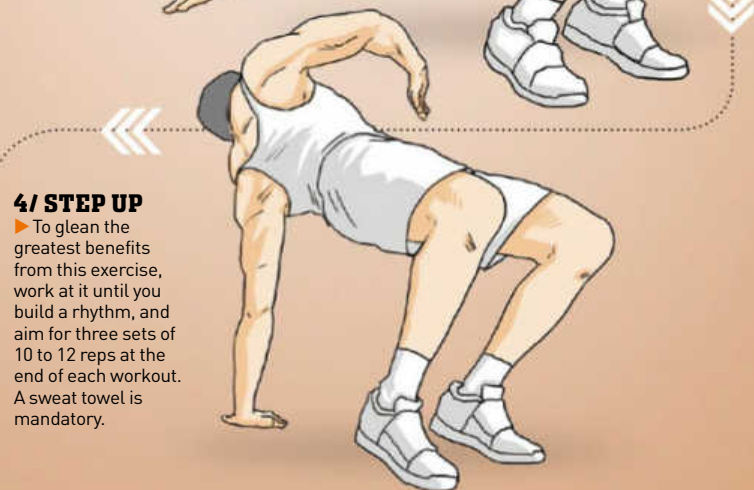


2/THRUST UP

► From this position, bring both arms to one side and lower your hips. Now drive your hips up hard and propel your torso up so that your arms leave the ground at pace.

WHAT YOU'LL GAIN

- Octagon-ready obliques
- A shredded six-pack
- Knockout punching power
- A brand new dance move



4/STEP UP

► To glean the greatest benefits from this exercise, work at it until you build a rhythm, and aim for three sets of 10 to 12 reps at the end of each workout. A sweat towel is mandatory.

3/CATCH UP

► Before you go crashing to the floor, swing your arms quickly across your torso so it rotates. Bring your hands down to catch your weight as you reach the other side.

MTG

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LEVELS OF DIFFICULTY

SPEND TIME ON INCLINES, FLATS AND ROUTES TO BUILD SPEED AS WELL AS STRENGTH.

I

he Greek philosopher Aristotle said: "We are what we repeatedly do." Runners would do well to remember that when considering go-to routes. The terrain we train on shapes our strengths and weaknesses, which is why

smart racers make sure to log training runs that mimic their course's grades. Hills use different muscle groups and movement patterns than flats, while rolling terrain requires your body to adjust to short bursts of uphill effort (and downhill recovery).

When our runs always follow the same elevation profiles, we may develop imbalances that inhibit performance, says Florida-based running coach and author Lynn Gray. "Runners always become better when they can develop a range of different skills and muscle groups," she says. Here's how to maximise the benefits of each terrain type – and how to vary your hill diet for well-rounded running performance.

"Uphill running requires resistance to gravity, which develops leg strength – similar to the weight room workouts."

MASTER THE HILLS

"Hills are essentially speedwork in disguise," says Nick Welch, a running coach in Seattle. "Good uphill running form requires the same knee drive and arm action that you need to sprint effectively, and resisting gravity develops leg strength, just like in the weight room."

► **The Workout** Find a long hill that's steep enough to get your muscles burning but still lets you take a full, powerful stride. Run 4 or 5 uphill repeats, each one lasting 3 to 6 minutes, at the fastest pace you can maintain throughout the workout without losing control of your breathing and form. "This really builds stamina and strength in the quads, glutes and calves," says Nick. Long hills also develop the mental toughness required in racing. Think quality over quantity: Nick recommends 1 or 2 long hill workouts every 2 weeks. (The goal is to add variety, not to make hills your routine.)

► **Seek Other Terrain** If You're due for a recovery run, you want to practise locked-in pacing, or you have

injuries (such as Achilles tendinitis or plantar fasciitis) that are aggravated by hills.

GO FAST ON FLATS

Level terrain may be aerobically easy, but it's harder on your hamstrings (which perform 40 percent of the work on flats, compared to 20 percent when climbing hills.) With no hills to throw you off, flat roads or treadmills are the perfect places to practise good form, breathing and pacing, which is the key to succeeding at longer distances, says Lynn.

► **The Workout** Warm up with 5 minutes of easy running, followed by 2 to 4 strides (30-second bursts of race-pace running separated by 30 seconds of rest). Then run at 90 percent effort (about 5K race pace) for 30 seconds, at 80 percent effort (like your 10K pace) for 3 minutes, and finish with a 15-second sprint at 95 percent effort. "Pay attention to your form throughout, and

really focus on pumping your arms during that final burst of speed," says Lynn. Recover with 5 to 8 minutes of easy running, then repeat 1 to 4 more times.

► **Seek Other Terrain** If You're racing on hills and need to mimic that challenge, you're developing injuries – "The sameness of level terrain can feed overuse syndromes," says Lynn – or you're craving improvement. "The power and strength that hills develop is great for leaping off a plateau," she adds.

LEARN TO ROLL ALONG

Rolling hills aren't usually steep or long enough to truly challenge uphill running muscles or require hill-specific form, so they can't take the place of hill workouts. But, says Nick, the changing grade does engage various muscle groups and helps eliminate weaknesses – which is important whether your goal is overall fitness or a fast finishing time.

Rolling terrain also burns more calories than flat routes. And because it regularly prompts your body to adopt varying body positions and foot strikes, such terrain might lessen the likelihood of injury during recovery and base-building sessions.

► **The Workout** Schedule 2 to 3 weekly 30-minute runs on rolling terrain, and try turning the uphill into fartleks: Increase your effort on the climbs, and recover on the descents.

► **Seek Other Terrain** If You're racing on a course that's notoriously flat or hilly, especially if your target event is a half or full marathon. You'll need to log 1 or 2 weekly runs (preferably including your long run) on terrain that's comparable to your racecourse. Otherwise, you can end up feeling undertrained on race day – just as hills crush runners accustomed to flats, level courses can leave hill-attuned racers feeling dead-legged.

DIY HILLS

These workouts build the same power and strength as inclines.

STAIRMASTER

It replicates challenging hills better than many treadmills. "Stairmaster workouts let you practise pumping your arms while maintaining a non-pounding movement," says coach Lynn Gray.

STAIRS

Stadiums and office buildings offer enough flights to substitute for hill repeats. "Just be sure to keep your arms pumping," says Lynn.

HIGH KNEES

Running with high knees on flat terrain mimics the form and explosive strength you'll need on hills. Lynn (a Florida flatlander) used high knees during long runs to train for the hilly Crater Lake Marathon, where she won her age group. Start with short bursts (30 seconds at a time) and work up. To avoid injury, pump your arms and make sure your foot strikes are soft.



“HILLS ARE ESSENTIALLY SPEEDWORK IN DISGUISE. IT BURNS YOUR MUSCLE AND ALLOWS YOU A FULL AND POWERFUL STRIDE.”



1 RUNPHONES

Essentially a moisture-wicking headband that harbours ultra-thin stereo headphones, this invention is an alternative to sweaty ear buds that fail to stay on. Better yet, the wireless version is free of cumbersome cables, so just go ahead and swing those kettlebells. The whole thing is made with hypoallergenic machine-washable fabric, and boasts superior sound with eco-friendly, lead-free electronics. And, yes, you can remove the internal stereo headphone system and wash it under a running tap.

CUTTING-EDGE GEAR

THESE ADVANCED GADGETS CAN HELP FIRE UP YOUR NEXT GYM SESSION.



2 MICROSOFT BAND 2

►US\$249.99 (\$346),
www.microsoft.com/Microsoft-Band/en-us

Fitness buffs can benefit greatly from this follow-up wearable to its 2014 version. It's touted to be one of the most complete on the market. Not only can it track your heart rate, exercise and calorie burn, it also measures elevation

and VO2 max for running and sports. What's more, the user can check e-mails, texts and calendar alerts right on his wrist, providing minimal disruption and distraction. The sleek device is compatible with iOS and Android.



3 SENSORIA FITNESS T-SHIRT AND HEART RATE MONITOR

►US\$149 (\$208),
www.sensoriafitness.com

It's time to ditch poorly ventilated T-shirts for a proper

exercise top. This smart tee is light and breathable with thermoregulation yarn, helping to minimise body temperature fluctuations while keeping the wearer cool and comfy. The snug-fitting top can also be used with most Bluetooth

Smart heart rate monitors, providing accurate heart rate monitoring without the hassle of donning a strap.

Trendy Pacesetters

HIT TOP SPEED WITH THESE COOL FOOTWEAR REGARDLESS OF TERRAIN.

1 REEBOK ONE CUSHION 3.0

\$159, AVAILABLE AT ROYAL SPORTING HOUSE STORES, WWW.ROYALSPORTINGHOUSE.COM

Let your feet experience running shoes that can deliver proper support, impact control and dynamic flexibility. The Smoothfuse upper on this footwear allows breathability and a seamless, irritation-free fit. Speed junkies will adore the trainer's ultra-responsive foam compound – which increases toe-off propulsion – as well as the incorporation of the Piston Tech 4-prong lugs that gives each wearer a smooth ride cushioning and quick response.

2 SALOMON S-LAB SPEED

\$309, AVAILABLE AT SALOMON CONCEPT STORES, WWW.SALOMON.COM/SG/

What's trail running without shoes that can help you glide across muddy and wet terrain? This trainer is a soft-ground, neutral trail-running companion, equipped with chevron lugs that provide strong traction. Additionally, the presence of the anatomical Eva footbed delivers excellent cushioning and support as you crunch on rocks and sand, while the anti-debris mesh upper prevents debris from being trapped between your foot and footbed.

3 ADIDAS ADIPURE 360.3

\$139, AVAILABLE AT ADIDAS BRAND CONCEPT STORES, HTTP://SHOP.ADIDAS.COM.SG

There's nothing like training with a pair of shoes that moves with your feet. Incorporated with a flexible Eva midsole, your running gait is enhanced with forefoot flexibility and lightweight cushioning. This model also possesses a stretchable and breathable meshed upper, besides being blessed with a supportive midfoot panel that enhances stability during multidirectional movements. Grip-wise, the wearer can rely on non-marking rubber outsoles with flex grooves.



1



2



3

SINGAPORE'S ORIGINAL URBAN OBSTACLE RACE IS BACK!

**It's time to
challenge
yourself by
taking on
the 2016
Men's Health
Urbanathlon.**

The seventh edition of the Urbanathlon is back! Step out of your comfort zone and put your limits to the test – in what will be a

bigger and tougher road race that has become a mainstay in every active Singaporean's calendar.

In 2016, nine Urbanathlon obstacles await – both new and modified from the previous years – with a finale obstacle that promises to end your race with a bang. Each one is capable of testing various aspects of one's physical and mental well-being, such as balance and coordination, core strength, lower-body endurance and, of course, tenacity as well as determination.

Similar to the race held in March earlier this year, both sexes can take part and strut their stuff. Just like the men, the ladies have displayed exceptional grit and finesse in navigating through each obstacle. What will be certain is that next year's

Urbanathlon will prove to be a spectacular visual treat for the watching neutral. There will be scenes of jubilation at the finish line, heartwarming episodes of people helping one another, as well as endless choruses of encouragement from the sidelines. We await with bated breath.

Besides having top-quality obstacles, the Urbanathlon 2016 will also have in store attractive prizes and enticing race packs to motivate participants. Each finisher will also get a medal, finisher's T-shirt and a personalised certificate.

A race village is also slated to provide excellent post-race recovery with food and drinks. Of course, family members and friends of the participants can also join in the carnival-like atmosphere. There's nothing better than sharing your satisfaction and pride in completing the gruelling race with your loved ones!

The Urbanathlon is open to male and female runners 18 years old and above. But hurry! Only a limited number of race slots are still available.

SIGN UP AT URBANATHLON.MENSHEALTH.COM.SG/2016

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(SUNDAY)**

7AM

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a personalised
certificate.**



**LOOK OUT
FOR NEW AND
EXCITING
OBSTACLES
UNVEILED IN THE
NEXT ISSUE OF
MEN'S HEALTH!**

LAB SERIES Still clueless about what to give your best bud for Christmas? The **Lab Series Max LS Holiday 3-piece Set** will be a valuable addition to his grooming arsenal, dedicated to help him reclaim a younger and healthier looking skin. The gift set comes with the Max LS Daily Renewing Cleanser, the Max LS Instant Eye Lift as well as the Max LS Age-less Power V Lifting Cream. **\$220 (usual: \$289), available at #B3-44 Ion Orchard, #B1-08 Vivocity and major department stores.**



MIZUNO The **Mizuno Wave Ekiden 10** is a lightweight trainer that has been fitted with the G3 sole – an advanced performance outsole component that provides superior traction. One key feature is the parallel resin wave, which enables a highly responsive midsole for a quick and efficient turnover, aided by the incorporation of strong nylon fibre. The midsole is also critical in providing ample cushioning and stability. **\$229, available at all Mizuno concept stores.**

LUMINOX The Swiss adventure watch brand has unveiled the **Luminox Navy Seal Colormark Nova**, as a tribute to its reputation as a ticker that has been endorsed by elite military and law enforcement groups for the past 25 years. The latest creation features the proprietary Luminox light technology – micro borosilicate gas tubes that enable the watch to glow continuously for up to 25 years. The addition of superluminova on the circular indices on the watch dial provides maximum visibility, besides relying on a Swiss Rhonda 5030.D quartz movement for top-notch timekeeping. **Price: TBA. For more info, go to www.crystaltime.com.sg.**



URBAN HOMME Trying to maintain your skin's youthful radiance and achieve inch loss in those hard-to-train areas? Then book yourself in for machine-based **Endermologie treatments** at Singapore's first LPG Endermospa flagship outlet. Such treatments – such as the Endermolift facial – can stimulate and re-energise your skin cells, causing them to do more and nourish your dermis. For inch loss, the Lipomassage treatment utilises science to eliminate fat from targeted areas. **#05-22A Ngee Ann City Tower B. For more info, go to www.facebook.com/endermospa.sg.**



LONGINES

Tapping on the brand's Swiss watchmaking tradition, it has launched the **Longines Column-wheel Single Push-piece Chronograph** – a refined version of the one produced in the first half of the 20th century. Available in black matte and white lacquer, the ticker spots a transparent steel caseback, revealing a blue finish column wheel within the exclusive calibre. A single push piece is used to control the chronograph's functions, which also feature a tachymeter scale. **For more info, go to www.longines.com.**

PHYSIQUE

Sports personalities like Cristiano Ronaldo and Usain Bolt have done it, and so have public figures like Tony Blair and Katy Perry. But what exactly is whole body cryotherapy, a treatment process that is available at Physique? For one, it subjects the body to extremely cold air (minus 140 to minus 173 deg C) for two to three minutes, and is meant to set off a chain of processes within the body that is hugely beneficial. Examples include increased energy levels, stress relief and shorter muscle recovery time. It can even improve one's training and provide a competitive edge. **#05-17 One Raffles Place, call 9838-2090 or go to www.physique.sg for more info.**



GP BATTERIES

Recharge rapidly and safely with the **Fast Track 10,000mAh Powerbank**. To ensure the safety of the user, safeguard mechanisms have been incorporated into the Powerbank F series, such as over-charging, discharging and overload protection. The gadget has also been made durable by short circuit and loopback protection, besides being a reliable travel buddy that fully complies with air transport standards and automatic power modulation for ease of use in any country. Each Powerbank is encased in a strong aluminium chassis, with elegant matte finishing. **For more info, go to www.gpbatteries.com.sg.**

UB+

Homegrown brand UB+ has come up with the **Eupho Modular Speakers** – powered by the patented Orchas technology that helps produce high-quality sound. Also, despite its compact size, the speakers have a battery life of up to 20 hours. You can even pair the Eupho Modular with another speaker via Buddystereo for an extremely accurate point-source stereo sound and bass reproduction. A trio of options – Bluetooth, USB and 3.5mm analog audio input – is available for you to connect the speaker to other devices. Do check for in-store promotions at respective outlets. **Available at Courts, Digital Style, Nubox, Popular, Totally Hot Stuff, TwoBros and www.ub-plus.com.**



TALKSHOP

PRODUCTS PROMOTIONS EVENTS

NTUC CLUB Is running your passion? The **U Run All Access** is the ultimate running pass for avid runners, enabling them to enter their preferred races by purchasing credits at a one-off affordable price. Members can choose to purchase either three, four or five running credits to guarantee race slots in the listed races (which, if purchased separately without the pass, may burn a hole in their wallets). Sign up now and you can even gain access to running clinics and workout sessions conducted by professional trainers. **For more info, go to www.usports.com.sg/events/u-run-all-access-2015/.**



MBT If comfort is key, then MBT's **Abasi Walk Lite Lace Up** is the go-to shoe for those who are seeking an active lifestyle without compromising on good balance and posture. The footwear's patented curved sole helps to promote a gentle rolling motion as you walk, while its MBT sensor technology provides a soft heel landing. The footwear is also equipped with a Vibram outsole that provides grip – especially if one were to walk on trails and non-tarmac terrain, adding versatility to a highly effective and functional shoe. **\$299, available at MBT stores.**

G.SPA Keen to break away from the shackles of stress? Head to G.Spa Fitness and Recreation Hub for a variety of spa treatments, including facials, body scrubs and foot reflexology. What's more, therapists there are highly trained and professionally certified, so you can rest assured that you're in good hands. Top-class facilities have also been built to enhance one's experience, including the sauna as well as hot and cold pools. A special birthday promotion is also available for just \$122. **102 Guillemard Road, #02-02. For more info, call 6280-8988 or go to www.gspa.com.sg.**



KORDEL'S Specially formulated for men aged 40 and above, Kordel's **Testofen Plus** combines testofen – a scientifically standardised extract from the fenugreek plant – and panax ginseng. This combination is touted to be nature's solution to help invigorate *qi* flow supporting masculinity and vitality for optimum performance. **Cambert (F.E.) Pte Ltd, #14-06 Great World City East Tower. Call 6775-0600, or e-mail kordels@cambert.com.sg.**

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EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE



SWEAR LIKE YOU MEAN IT

When you're suffering midway through a workout, let the F-bombs fly (in your head, please). UK research found people who swore could tolerate pain for longer than those who remained polite.

SPEED JUNKIE

A study by the University of Exeter in the UK recently showed that cysteine – a type of amino acid – is capable of improving the speed of some athletes. That it also boosts your liver's ability to oust alcohol means fewer hangovers from faster living, too.

SICK TIP

Seeing ill people jump-starts your immune system, according to researchers from the University of British Columbia in Canada. It's like a multi-vit for sadists.



CALL TIME

TRACKING THE MINUTE-BY-MINUTE PROGRESS OF YOUR WORKOUT JUST HIGHLIGHTS HOW BIG THE TASK IS. IGNORE THE CLOCK UNTIL YOU'RE AT LEAST HALFWAY THROUGH, A UNIVERSITY OF CHICAGO STUDY SUGGESTS.

PLUM PROTECTION

Start incorporating dried plums into your diet and your risk of colon cancer can be reduced, according to American researchers. The dried fruit can help promote retention of beneficial bacteria throughout the colon.

GYM BENEFITS

A study in *The Journal of Strength and Conditioning Research* confirmed that traditional strength training can be more effective at increasing your speed than running. A more recent study at Germany's Ruhr University found that strength training also boosts your endurance.

CURB CARBS

Tulane University School of Public Health in the US found that low-carb dieters lost more over a year than those on a low-fat plan.

PHOTOS (CLOCK) LIM HYONSU/CORBIS & (FIT GUY) HANS FERREIRA/CORBIS ■ DIGITAL IMAGING ASHRUDDIN SANI

ELIAS SILVERIO
MMA FIGHTER





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